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COOK IT THE FRENCH WAY

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COOK IT THE FRENCH WAY

Barbara Wilcox & Paul Vigoureux

ANDRE DEUTSCH

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FOREWORD

In this new edition of *Cook it the French Way*, we rejoice in including all those ingredients which the French chef and housewife now use. This edition of the book is as practical and economical as the earlier ones, but now there are no longer those war-time restrictions which led to 'butter' meaning margarine and 'cream' meaning the top of the milk! Fifty new recipes have been added, coming, like the original recipes, from all parts of France.

Barbara Wilcox
Paul Vigoureux

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FISH SOUP

The original recipe is for fish taken from the Loire or for fresh-water fish, but as these are rarely obtainable in England, sea-water fish can be used. The cheaper cuts are suitable.

2 lb fish, leeks, onions, potatoes, oil or butter, wine, seasoning, fried bread or crisp toast

The fish must be cleaned and gutted and filleted. The heads and bones must be carefully preserved if you get the fishmonger to do the filleting.

Boil the heads and bones in a mixture of white wine and water so as to obtain a *court bouillon*, or fish stock. While it is simmering, chop some washed leeks and onions finely, brown them in oil or butter, and add to the *court bouillon* together with some peeled and sliced potatoes.

When the potatoes and vegetables are cooked, add the flesh of the fish in small slices cut across the fish. Boil for a few minutes only. Taste, rectify the seasoning, and serve in the pot in which it has been cooked, accompanied by some slices of fried bread.

This makes a delicious soup, and the author, M. Foubonne, says that the soup pot containing it always returns to the kitchen empty.

Recipe from the 'Gastronomie Tourangelle', published by Arrault et Cie, kindly forwarded from Touraine

POT-AU-FEU

This is an essential part of French cooking and should be learnt by all English cooks.

2 lb meat (either topside or brisket), bones from butcher, carrots, turnips, leeks, celery, 6 pints cold water, bayleaf, 2 cloves, 1 clove garlic, seasoning

If you choose topside, then you can serve the meat, after making your *pot-au-feu*, as a separate dish. If you use brisket, it can only be used for soup or mince. The topside is juicy, but the brisket would be too dry.

Place the 2 lb meat in 6 pints cold water. Cook very slowly for 5 hours. Skim as often as the grease forms. Add carrots, turnips, leeks, a small piece of celery, a bayleaf or two, 2 cloves, a clove of garlic, salt and pepper.

Simmer until the meat is tender.

The quality of the meat is important, and can be improved by the addition of some bones from the butcher. The method of cooking is just as important; it must be slow and continuous. When your *pot-au-feu* is finished, remove the meat and if you have used topside, serve separately with vegetables.

Serve the *pot-au-feu* in warmed soup bowls.

SOUP FROM LIMOGES

La Petite Marmite Maison

1 fowl, veal bones, 6 pints water to each 2 lb carcass, toast, grated cheese, turnips, carrots, leeks, onions, potatoes, salt and pepper

Boil the fowl with half a knuckle of veal or some veal bones in 6 pints of water to each two pounds. It should simmer for 12 hours on the stove, starting in cold water. Remove the meat and place a muslin bag containing mixed vegetables cut in cubes in the stock—turnips, carrots, leeks, onions, potatoes—

and add salt and pepper. Add some of the white flesh of the chicken and set aside the rest, for use another time in a *soufflé* (page 86) or *vol-au-vent* (page 136). Leave the soup to simmer, skimming off the fat from time to time very thoroughly. When cooked, pour the liquid into soup pots and add the chopped vegetables. Serve with slices of toast and grated cheese.

This soup is very substantial and makes a main course for a meal.

This recipe is contributed by M. René Bayle, Taverne du Lion d'Or, Limoges. He spent some years in the best Paris restaurants and has a fine reputation at his own inn: he has been made Chevalier du mérite agricole

CLEAR SOUP BRUNOISE

Consommé à la Brunoise

To make 2 quarts of soup, enough for 8 to 10 people:

10 *oz carrots*, 7 *oz turnips*, 3 *medium-sized leeks*, 2 *sticks celery*, ½ *small onion*, *a few peas and beans*

Cut all these vegetables, having washed and scraped them, into small cubes. Take only the white portion of the leeks and be sure that the leeks are well washed. Brown them all slowly in fat, then add salt and a pinch of sugar and a pint of stock or water. When all are tender, add a tablespoonful of green peas and a few French beans cut in pieces, and simmer again. Serve with the vegetables in bowls, add a little white wine or sherry if liked, thinning the soup to the quantity required.

Hôtel Riva Bella, Le Touquet Paris-Plage

CREAM OF LETTUCE SOUP

Crème de Laitue

3 lettuces, butter, salt, sugar, béchamel sauce (page 185), chervil, ¼ pint milk, fried bread or toast

Wash the lettuces and dip them into boiling water. Cool them and drain. Cut them into fairly large pieces and place in the butter on the fire in a covered saucepan over a low flame, with a little salt and a pinch of sugar. Then add 2 pints of *béchamel* sauce and cook again until tender. Keep the flame low. Add no water or stock.

Pass the whole through a sieve and add ¼ pint of milk, re-heat without boiling. Serve with small cubes of bread fried in butter and some chopped chervil.

Hôtel Riva Bella, Le Touquet Paris-Plage

CLEAR SOUP WITH VEGETABLES

Potage Julienne

For two quarts of soup, enough for 8 to 10 people:

¼ lb carrots, ¼ lb turnips, ½ onion, 1 leek, 1 stick celery, fat, water or stock, salt, sugar, ¼ small cabbage, peas, lettuce, chervil, wine if liked

The vegetables must be washed and scraped and cut as regularly as possible into small cubes. The onion should be sliced. The leek and celery must be well washed and only the white part used. Cook slowly in a little fat and then add 1 pint of water or stock. Season with salt and a pinch of sugar, and simmer until tender. Finally, add the cabbage cut in small cubes and

whitened by boiling for a few seconds first, and complete cooking.

Make the soup up to the required quantity by adding stock, water, and a little wine if liked, and just before you serve, add a tablespoonful of cooked peas, a little chopped chervil, and some lettuce leaves very slightly crushed.

Serve the vegetables with the soup.

Hôtel Riva Bella, Le Touquet Paris-Plage

ONION SOUP

Potage à l'Oignon

3 onions, cream, butter, grated cheese, salt and pepper, fried bread

This soup is quite inexpensive, but is so good that when served once at a dinner party, a guest known to be fastidious besought his hostess to see if there was any more left in the kitchen! Happily there was and he finished the lot.

Slice the onions and brown in butter in a saucepan. They should be lightly browned, not dark. Add at least a quart of water and some salt. Bring slowly to the boil in order to obtain as much flavour of onion as possible.

When the onions are tender and the soup well flavoured, strain into another saucepan. Keep the onions for a sauce if you like, they are not wanted in the soup. Bring the liquid to the boil again, flavour well, and then add a ¼ pound mild grated cheese, more water as required, a little cream, and a little butter. Serve with small pieces of fried bread or crisp toast.

FRESH PEA SOUP

pods of young fresh peas, a pinch of salt and sugar, a little butter, 1 tablespoon flour, a few young peas

When peas are just in season and still young and tender, save the pods for making into soup as follows:

Place the pods in cold water with salt and a pinch of sugar. Bring slowly to boil. Simmer ¼ hour or until tender, according to their age. Strain the liquid into a bowl and rub the substance of the pods through a sieve into the bowl. Melt a little butter in a saucepan, add a tablespoon of flour and mix well. Pour in the sieved pea liquid little by little, stirring until fairly thick. Serve with a few fresh peas floating on top.

This makes a most economical and delicious soup with a very fine flavour.

POTATO SOUP

Potage Parmentier

4 potatoes, 4 leeks, 1 quart water, cream, butter, salt and pepper

Here is a simple soup which can be made when you happen to have no stock ready.

Peel your potatoes and cut them across in thickish slices. Peel and wash the leeks thoroughly, soak them in a basin of cold water if they are gritty. Put a small piece of butter in a saucepan, which must be a large one, and allow the vegetables to warm thoroughly in it. Do not brown. Now add about a quart of water and bring the vegetables to the boil and simmer until tender. The leeks should of course have been sliced—but not too small.

Place another saucepan or casserole on the table and pour the liquid from the saucepan into it through a colander or sieve. Now rub the vegetables through the sieve until you have a thick *purée*. Place the *purée* back into the saucepan or casserole, bring it to the boil and add a little cream and a little fresh butter. Salt and pepper to taste.

This is a very good soup and only takes a little trouble to make.

QUICKLY MADE VEGETABLE SOUPS

A good cream soup, acceptable before a light course or for supper on a cold day, may be made as follows:

vegetables, butter, 1 *tablespoon flour,*
a little milk, fried bread or toast

Take any of the following vegetables: spinach, onion, leeks, potatoes, Jerusalem artichokes, peas, etc, and cook them, when well washed, in boiling salted water. Strain into a basin, retaining the water. Sieve the vegetables and place them back into the water. Melt some butter in a saucepan, add a tablespoonful of flour when the butter is warm but not brown, and stir together, but do not brown. Mix this with a little liquid and stir until thick into the water and the vegetables. Add milk if liked. Flavour well and serve with fried bread or toast. These soups are nourishing and digestible.

TOMATO SOUP

Potage Milanais

1 lb tomatoes, seed tapioca, sago or flour, a little milk, salt

This is a fresh tomato soup which is also very quick to make.

Put a saucepan, with about a quart of cold water and some salt, on the fire, add the tomatoes, wiped but whole. In a few minutes they will burst their skins and will be tender. Place a large bowl on the table, stand a colander or sieve over it and pour the liquid through into the bowl.

Now rub the tomatoes through with a wooden spoon and pour all the liquid back into the saucepan. Bring to the boil, flavour, and add a handful of seed tapioca or sago to thicken the soup, stirring well all the time, or thicken with flour. Add a little milk and serve very hot. The soup must be well salted.

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FRENCH ARTICHOKES

French or globe artichokes are easy to grow in your own garden and can be bought quite cheaply in the early summer. They are delicious and should be used here much more than they are.

Start the artichokes in boiling salted water and cook until tender, which will be from 20 minutes to ½ hour according to the age of the globes. Serve with a sauce of oil and vinegar mixed in equal parts and seasoned with pepper and salt, or with melted butter, also seasoned, or with any sauce preferred. When the leaves have been plucked, dipped in the sauce and enjoyed, cut the core or *'fond'* in two, remove the fibre and stir the pieces into the sauce before eating.

If a cold dish is preferred as *hors d'œuvre*, boil the artichokes, remove the leaves, separate the cores or *'fonds'*, and cut in small pieces. Place in a bowl and pour over them the juice of a lemon and a cup of mayonnaise sauce (page 186) or a cup of thin cream.

BEETROOT SALAD

Betterave en Salade

beetroot, onion, seasoning, oil, vinegar, parsley

Cook the beetroot in boiling water, taking care not to break the skin or it will bleed and lose its colour. When cooked, cut into small dice and add a third of the amount of onions, gently cooked and sliced, or raw and chopped.

Season well and add oil and vinegar, which should be mixed well first (*sauce vinaigrette*, page 189). Pour over the beetroot and the onions, arrange in a dish and decorate with chopped parsley.

Hôtel Riva Bella, Le Touquet Paris-Plage

CAULIFLOWER SALAD

1 *firm cauliflower, sauce vinaigrette* (*page* 189)

Cut the cauliflower carefully and wash it. Start it in boiling salted water and boil until tender. Drain and allow to cool. Arrange the pieces in the original shape of the cauliflower and serve in a flat dish accompanied by the sauce separately. Cauliflower salad is usually eaten cold, but some people eat it hot.

CUCUMBER SALAD

Concombres en Salade

1 *cucumber, salt, vinegar, oil, chervil or parsley*

Peel your cucumber and cut in half *lengthways*. Remove the seed if at all old. Cut the remainder across into small thin slices.

Sprinkle it with fine salt and leave for half an hour. Drain thoroughly, and then serve with oil and vinegar poured over, seasoned with salt and pepper and sprinkled with chopped chervil or parsley.

Hôtel Riva Bella, Le Touquet Paris-Plage

FILLETS OF HERRING

Filets de Hareng

herring fillets, 2 tablespoons mayonnaise, vinegar, cayenne, parsley, celery or chives, tarragon

This *hors d'œuvre* is made with the herring fillets which you can

buy in tins, or you may get your fishmonger to fillet the fresh fish for you. If salt, the fish must be soaked to get the salt out. This is done very well in a little milk.

Mix two tablespoonfuls of mayonnaise with one of soft roe from the herring, mash it all with a fork, and thin with vinegar if necessary. Soft roe can also be bought in tins. Season with cayenne pepper, and flavour with chopped parsley, celery or chives, and a dash of tarragon. Pour over the herrings. This is a cheap and nutritious dish as a first course.

Hôtel Riva Bella, Le Touquet Paris-Plage

LETTUCE

lettuce, sauce vinaigrette, shallot, tarragon, hard-boiled egg yolk

Wash the lettuce in cold water, drain and shake in a salad basket. A salad basket is much preferable to a cloth, which bruises the leaves unless you are very careful. There is no excuse for not having a basket as they are quite cheap. Put the leaves into a salad bowl, and add to the sauce *vinaigrette* (page 189) some chopped shallot, chopped tarragon, and if desired a chopped yolk of a hard-boiled egg. Pour over the lettuce and mix thoroughly with a spoon and fork, taking care not to cut the leaves or bruise them. Thorough mixing is essential and should take some time. This salad may be served alone or eaten with hot or cold meat. E.V.

MUSHROOMS SERVED COLD

½ lb mushrooms (or less), juice of 1 lemon, olive oil, 1 bayleaf, 1 sprig thyme, seasoning

Peel the mushrooms, wipe them clean and place in a saucepan. Squeeze over them the juice of a lemon and flavour them with salt and cayenne pepper.

Now add olive oil or melted fat, a bayleaf, a sprig of thyme. Cover the saucepan hermetically by putting a large piece of greased paper over the saucepan under the lid and ramming the lid on tight. Cook very slowly over a low flame or in the oven. Water is not necessary as the mushrooms are themselves 90 per cent. water and will cook in the steam if the lid is tight.

When tender, mix well together without breaking the mushrooms, allow to cool and serve very cold in a glass or china dish.

Léon Liéger, L'Isle Adam

POTATO SALAD

Pommes de Terre en Vinaigrette

potatoes, parsley, sauce vinaigrette (page 189), shallot

Boil some large potatoes in their skins, which you have first scrubbed. Start them off in cold water. Drain them, and peel when you can handle them without discomfort. Cut them in slices and place in a salad bowl.

Add to your potatoes a fair amount of sauce vinaigrette (page 189), some chopped parsley and some chopped shallot. Mix it all well, taking care not to break the slices of potatoes. The potatoes must, however, be thoroughly soaked in the sauce. Potato salad is usually served cold with cold beef or

mutton, and a little extra *sauce vinaigrette* may be used on the meat as well if desired.

As a variation from the plain potato salad, slices of tomatoes or beetroot can be added to the potato slices before pouring the sauce over them.

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BAKED EGGS

Œufs sur le Plat

1 egg for each person, salt and pepper, chopped bacon, grated cheese or tomato sauce (*page* 187)

These are a very favourite dish abroad and yet very little used in England. They make a rather dull meal more interesting—serve them, for instance, before a course of cold meat instead of soup, or even as a main dish.

Butter little individual egg dishes; the brown ones with handles are good, but they must be fireproof.

Break an egg carefully into each and place in the oven for five minutes or so. Serve as soon as set. They should be well seasoned and sprinkled with chopped bacon, grated cheese or a little fresh tomato sauce.

This is a good way of using up any bits and pieces.

BONNIGAL EGGS

Œufs Bonnigal

For 6 persons:

6 fresh eggs, 2 oz butter, 6 round rolls, salt and pepper, milk

Take several round rolls. Cut them in half. Take out the crumbs and so form a little nest. Put the cases in the oven and warm them through until they are crisp.

Meanwhile, take a saucepan with a good thick bottom and in it warm 2 oz butter. Beat the eggs, yolks and whites together, as for an omelette and season them. Set them in a jar in a larger saucepan filled with boiling water and add the melted warmed

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butter. Stir with a wooden spoon until the mixture is set and then add a little more butter and a little cream or milk. Fill the hot rolls with the mixture and serve.

This recipe from M. Bonnigal of the Hôtel du Château, Chaumont-sur-Loire, is named after him by his clients, who all appreciate it greatly

BRITTANY EGGS

Œufs Breton

1 *hard-boiled egg for each person*, 2 *potatoes for each person*, *béchamel sauce* (*page* 185), *salt and pepper*, *a little chopped shallot*, *grated cheese*

Boil the eggs hard, throw into cold water, and peel when cold enough. Keep warm.

Make a good *béchamel* sauce and meanwhile, boil two potatoes for each person. When the potatoes are cooked but still firm, cut them in four—that is, across the width and then across the length. Place in a fireproof dish, add the eggs, and pour the sauce over. The sauce should be thick enough to coat the eggs and potatoes, and should be well seasoned with salt and pepper and a little chopped shallot. If liked a little grated cheese may be incorporated in the sauce. The dish should go into the oven (which should be warm, but not hot) for a few minutes so that the sauce may soak into the eggs. The sauce must not be runny, but adhere well to eggs and potatoes. It should not be browned.

HARD-BOILED EGGS WITH HAM OR SAUSAGE MEAT

Œufs Frais au Jambon

1 *egg to each person,* ¼ *lb ham or sausage meat for each person, grated cheese if liked, béchamel sauce* (*page* 185)

Boil the eggs hard. Put them in cold water for a minute or two. Cut them lengthways. Remove the yolks, cream them with a fork, and mix with them the ham or sausage meat finely minced. Set the whites of the eggs in a fireproof dish (a long one is best) and fill them with the ham and egg stuffing. Cover each half egg with grated cheese, and pour over the whole dish a good *béchamel* sauce. Leave in a warm oven until golden brown.

POACHED EGGS 'WITH A DIFFERENCE'

Œufs Pochés au Vin Berrichonne

For 4 people:

8 *eggs,* 1 *bottle of red wine* (*preferably Beaujolais*), 1 *small clove of garlic,* 2 *large onions,* 10 *very small onions or shallots,* 7 *oz mushrooms,* 7 *oz butter,* 8 *pieces of bread,* 6 *oz of bacon, pepper and chopped parsley* (*no salt*)

Chop the large onions. Brown them in butter in a strong saucepan until they are golden. Pour over them the red wine and bring to the boil. Set light to it immediately. Leave on a low heat. Chop the clove of garlic and add. Season with pepper and the chopped parsley. Leave to simmer for ten minutes.

Now break the 8 eggs one by one into the contents of the saucepan. In 3 to 4 minutes, the eggs will be poached—cooked but soft. Remove them with a skimmer and keep them warm,

placing them in the dish in which they will be served. Continue to allow the wine to simmer for about 15 minutes in order that all acid flavour will be removed.

While this is done, cook the mushrooms (left whole if small, otherwise cut in cubes), the little onions and the bacon cut in cubes in a frying pan in butter.

Incorporate 1 tablespoon of flour with 2 oz of butter in a saucepan. Pour over the boiling wine, now reduced, and stir until the sauce is thickened but not stiff. Taste and season.

Now return to the 8 poached eggs keeping warm. Add to them the mushrooms, bacon and little onions and then pour the thickened wine sauce over. Serve at once, with the 8 slices of bread fried or toasted.

This recipe comes from the Restaurant Le Champ de Mars, Avenue de la Motte-Picquet, Paris, of which M. Troquier is the proprietor

PROVENÇAL EGGS

Œufs Provençal

2 or 3 ripe tomatoes, salad or olive oil, salt and pepper, breadcrumbs, chopped parsley and garlic, 4 eggs

Cut the tomatoes in half and remove the seeds. Warm a little salad or olive oil (about a tablespoonful) in a frying pan, place the tomatoes therein with the inside downward, and cook for a few minutes.

Turn the tomatoes over, season with salt and pepper, sprinkle with white breadcrumbs and chopped parsley and a touch of garlic, if liked.

Cook until tender, then slide each tomato carefully on to an

egg dish. Break an egg into and over each tomato and cook in the oven until just set. Season the eggs before baking.

Restaurant du Faisan Gris, Calais

SCRAMBLED EGGS

Œufs Brouillés

1 *or more eggs to each person, butter, slices of fried bread or toast, salt and pepper, crumbled bread soaked in milk*

Scrambled eggs are often very badly cooked, being either too wet or too crumbly.

Melt the butter in a saucepan, break the eggs into a bowl, beat them well, season.

Pour them into the saucepan and stir constantly over a low heat until they are creamy. Do not add any milk. Add a little cream when they are just setting. Serve with slices of fried bread or toast.

An economical way to make the eggs go further is to place a slice of crumbled bread to soak in a little milk with salt and pepper. Stir this well into the eggs just before they set.

STUFFED EGGS

Œufs Farcis

1 *hard-boiled egg for each person, breadcrumbs soaked in milk, a little butter, chopped parsley, chopped shallot, salt and pepper*

Boil the eggs hard and plunge into cold water. Soak the breadcrumbs in milk, about ½ teacup milk to each 6 eggs and as many crumbs as the milk will absorb. Shell the eggs, cut in halves, take out the yolks, not breaking the whites. Mash the yolks with the breadcrumbs, a little butter, chopped parsley, shallot, salt and pepper. Fill the whites with this mixture. Sprinkle with brown crumbs, and place a dab of butter on each egg.

Place the eggs in a fireproof dish which must either be greased or moistened with milk to prevent the eggs from sticking. The eggs are improved if milk is used and they are basted with it from time to time. As soon as they are browned, they are ready to serve in the dish in which they were cooked. E.V.

OMELETTE

Omelette à la Crème

For 4 people as a main dish:

6 eggs, cream, salt and pepper, butter

Separate the yolks from the whites of 4 eggs. Beat the whites stiffly, add the yolks and then the 2 remaining eggs unbeaten. Add to this 3 tablespoonfuls of fresh cream, salt and pepper to taste. Put a lump of butter in the frying pan and when melted and hot but not brown, pour in the mixture. When golden, fold it over and serve very hot.

À la Petite Marquise, Lisieux

FLUFFY OMELETTE

Omelette Mousseline

3 eggs, salt, 1 tablespoon cream, 1 oz butter

Separate the yolks from the whites. Beat the yolks well in an earthenware bowl with the salt and the cream, of which there should be about a tablespoonful. Then beat the whites stiffly until you can turn the bowl upside down. Try this experiment with care: it may otherwise end in disaster!

Now add the whites to the yolks, very gently, and put your butter in a frying pan. When it is very hot, pour in the eggs. Shake the frying pan with a series of rapid jerks in order to bring the edges to the centre until all is cooked. As soon as the omelette is just set roll it over on itself, turn on to a hot dish and serve *at once*.

This dish may be served as a first course before a cold second course, or for the main lunch dish with salad.

Hôtel Riva Bella, Le Touquet Paris-Plage

OMELETTE GRANDMONT

L'Omelette à la Grandmont

For 4 people as a main dish:

6 eggs, a little cream, chicken or other liver, or liver sausage, chopped shallot, seasoning, a few drops of wine or vinegar, thickened gravy

Beat the whites and yolks of the eggs together. When you think you have beaten about half time, add a little cream and beat again. Cook the omelette in the usual way but roll up lengthways like a cigar and slit along the top lengthways.

Fry some small cubes of liver or liver sausage in very hot fat and turn them over briskly, add a dash of shallot, a few drops of medium dry white wine, such as Vouvray, and seasoning. When cooked, insert this preparation into the omelette where it is slit and surround the omelette with some thickened gravy.

M. Millet, Restaurant Parisien, Tours

OMELETTE DE LA MÈRE POULARD

'Son omelette renommée—comme autrefois,
au grand feu de bois.'

Allow 2 eggs to each person. Never, never make an omelette of more than 8 eggs and you will have to be clever to do as many as this satisfactorily. Beat the eggs, yolk and white, together, with a fork. M. Marquet states this emphatically: a fork, not an electric beater! He advises a copper preserving pan if you are venturing on 8 eggs. Go on beating until you have 'an unctuous froth'.

Put ½ lb of salted butter in your frying pan—in fact some use 1 lb—and let it melt slowly. As soon as it turns white, pour the eggs in. Hold the frying pan over whatever flame or heat you are using. Wait a minute or so, then pass a fork round and round the pan 5 or 6 times to free the edge of the omelette —the edge must all the time be thrown back to the centre. When you have completed your five or six revolutions, don't do this again until right at the end of the cooking.

Now cook the omelette on a moderate heat, moving the pan away from time to time for a few seconds, then putting it back. This assures all parts of the omelette getting the same amount of heat.

When the omelette is cooked, the centre still slightly frothy, loosen the edges with a knob of butter pushed round the pan to free the edges. Transfer quickly, folded 'as you would a sock to facilitate the transfer', onto a hot dish. Eat at once.

Note. Always warn the diners that they must be ready waiting in the dining-room for their omelettes. Omelettes will not wait.

To make a sweet omelette quickly, proceed as before but sprinkle it with castor sugar before folding the omelette, and again on top. Caramel the top sugar with a red hot iron or poker and pour over the omelette some hot rum, which should be lighted and come to the table still in flames. Very exciting.

This famous and honoured recipe comes from Mont St Michel, known by name to all English cooks. The omelette is a 'creation' of Annette Poulard who founded the Hôtel de la Mère Poulard. The recipe has been sent to us by M. Marquet. Traditionally, this omelette is cooked in a frying pan on a log fire. The pan has a very long handle so that the cook is not cooked as well as the omelette. Naturally, the majority of people cook by electricity, gas or other modern stoves, but if you have a large party, it might be fun to cook your omelettes de la Mère Poulard on a big wood fire outdoors.

OMELETTE ROCAMADOUR

The Hôtel Sainte-Marie of Rocamadour is famous for its local specialities, and its omelette is among these. It contains truffles in Rocamadour, but even though you may not have truffles you can learn to make an omelette as it is made by M. Déscamps, the kindly owner. He admits that the necessary skill of shaping an omelette can only be acquired by practice, but he will wel-

come any of our readers who later may desire to witness the preparation of an omelette such as this. If you find yourself in Rocamadour, go to M. Déscamps and he will take you to his kitchen.

For 6 people:

8 *eggs*, 1½ *oz butter*

Break the eggs in a shallow earthenware bowl, salt slightly, beat briskly for a long time, so as to obtain a complete mixture of whites and yolks.

Heat the butter in a frying pan until hot, but not brown. Pour in the eggs, stir them with a fork until set and roll the omelette. This takes practice, for the omelette should be rolled tightly, and yet must not be cooked too much while the rolling is being done. It should be *'baveuse'* when finished, that is, foamy. This is a great quality in an omelette. It must not be a pancake but neither must it be scrambled eggs. When cut, there should be a little liquid in the centre, as in a perfect *soufflé*.

Note. The omelette, to be perfect, must be cooked in butter.

OMELETTE SOUFFLÉ

This is enough for 4 people:

6 *eggs*, *salt and pepper*, *chopped parsley and shallot*, *frying oil or fat*, *mushrooms*, *peas or tomatoes*

Beat the yolks of the eggs with salt, pepper and chopped parsley, adding a few chopped shallots to taste. Beat whites to a stiff froth. Pour frying oil (not olive oil) or fat into a frying pan

about $\frac{1}{4}$ inch deep, and warm but do not boil it. Mix the whites into the yolks and pour the mixture into the butter or oil. Arrange on the surface of the omelette some small pieces of mushrooms previously cooked, or some cooked peas or slices of tomatoes. Now comes the delicate part of the operation. Take a fork in each hand and turn the edges of the omelette over on to the centre. Then, still using the two forks, turn the whole thing upside down and fry it until it is a golden brown on each side. The omelette should be puffed and swollen by now; as quickly as you can, slip it on to a hot dish and serve.

SUBSTANTIAL OMELETTES FOR MAIN COURSE

1 *or* 2 *eggs for each person* (*for* 3 *people*, 5 *eggs*, *and so on*)
butter, *salt and pepper*

FILLINGS: *cold potato*, *macaroni*, *liver*, *bacon*, *etc.*

Beat the eggs, salt and pepper them. Melt some butter in a large frying pan and throw in the filling to warm. The potatoes may be cut in small cubes and fried, or mashed and warmed with a little milk. The liver may be cut in small pieces, and fried: the macaroni cut in pieces, the tomatoes skinned and pulped, the bacon cubed and fried. One or more fillings may be used together very successfully.

Make the omelette. Before you fold it over, add the filling on the side nearest to you, then fold over and serve on a hot dish. Alternatively, the fillings may be cooked in the same pan and the eggs cooked by pouring over them, but this is difficult with a bulky filling.

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TRUITE AU BLEU

Trout, vinegar, white wine, new potatoes, melted butter, court bouillon (*see page* 194)

First make the *court bouillon* according to the directions given on page 194. Simmer it for ¾ hour, using very little water.

Then, advises André Gaud, 'kill your trout' and clean. Dip each fish in vinegar (white vinegar should be used) and cook in the *court bouillon* while it is still boiling, adding a little white wine. Allow the fish to simmer until tender—a very short time—and serve whole in the *court bouillon*. Serve with new potatoes and melted butter.

In the gardens and on the terrace of the Hôtel de la Truite in Divonne les Bains, you may dine in luxury on trout like this, cooked by André Gaud, chef de cuisine and proprietor. You may catch your trout yourself in the waters of the Divonne—indeed, 'first catch your trout, then eat it' is a pleasant holiday maxim. But you may also cook your trout at home and enjoy it

BAKED FISH

Truite au Four

Trout may come as a gift from a fishing friend or may be bought from your fishmonger either fresh or from the deep freeze cabinet. This is a simple and delicious way of cooking trout and it may also be tried with other suitable fish.

Take a long narrow fire-proof dish (very attractive dishes may be bought for the purpose of serving fish), or the trout may be served one to each person on its own little dish; this is effective and popular. Use 3 or 4 trout.

Melt 4 to 6 oz butter in a dish in the oven—do not brown. Then add 2 tablespoons of olive oil to the butter. Dip each fish, cleaned and well washed, into the dish, turning it over to get each side coated.

Then arrange all the fish, either in single dishes or one larger dish, and sprinkle with salt.

They will take about ten minutes to cook. When tender and still hot, take the dish (or dishes) out of the oven and pour over a glass of dry white Burgundy or other dry white wine. Serve *immediately*. The wine and butter form a light pleasant sauce. Serve with hot rolls.

This is a recipe sent from Hôtel-Touring at Lus-la-Croix-Haute, situated high in the mountains in the province of Drôme, and a winter sports centre. It is 83 km from Grenoble.

FISH COOKED WITH ALMONDS

Truites aux Amandes

Two trout or other fish of the same size, butter, sliced almonds, cream or milk, half a lemon, flour

This is a simple dish—excellent to eat. For two persons, it requires two medium sized trout. These can be bought in season, fresh in fishmongers' shops, or from their deep freeze cabinets at other times of the year. The same method of cooking may also be used with other suitable fish of the same size as trout.

Have the fish cleaned and emptied. Dip each of them in milk then in flour and salt them *inside*. Place about 3 oz of butter in a frying pan. When the butter is hot but not too brown, place

the fish in it and brown gently first on one side then on the other. Remove the fish when browned and keep them warm.

In a small frying pan, heat 1 oz of butter for the sauce. When hot, stir in two dessertspoonfuls of sliced almonds. As soon as the almonds are a golden colour, add two tablespoons of cream or milk, a pinch of salt and the juice of the ½ lemon. Place the fish in this sauce and leave it to warm up but *on no account bring to the boil.*

Arrange the fish attractively decorated on a hot dish and pour the sauce over.

This novel and interesting dish comes from the Vosges mountains: M. and Mme Koebélé send it to us from their Hôtel-Restaurant 'Au Chalet' in the little town of Gérardmer (Vosges) which is a health resort and a winter sports centre. In spring, there is the Fête des Jonquilles and in early autumn the enchanting sight of field after field of wild autumn crocus. And on the chimneys there are storks

TRUITE PRÉSIDENT RENÉ COTY

Trout as prepared for the President of the French Republic M. René Coty. This recipe is one of two which secured for Michel Guéret the Gold Medal of the Exposition d'Art Culinaire in Berne. The dish was offered to the President, who tasted it carefully and announced that he thought it excellent.

For this, you require two trout of 1 lb each, for which you must prepare the following stuffing.

In a mortar or *moulin* (which may be bought cheaply at any good store and is excellent for making a *purée*) place the flesh of three small whiting and reduce to a *purée*. Stir into the *purée* 2 tablespoons of fresh cream. Flavour with chopped

chervil, tarragon and parsley, moistened with a little brandy. Beat up the yolks of two eggs and add. Finally season the *purée* with salt and pepper. Stuff the trout with this using a '*poche*'—if you have one. If you haven't, use any small spoon.

The trout should now be laid in a deep roasting dish. Pour over them two-thirds of a pint of cider. Cover with a buttered paper. Place in a moderate oven for 10 to 12 minutes.

Meanwhile warm some fresh butter in a saucepan, but do not brown. Add 2 tablespoons of cream. Serve up the trout on a long silver dish. Pour the butter sauce over them.

This is a dish fit to serve to a king—as well as a President of France! Try it on an honoured guest. But first try a sample on your husband, to make sure you can succeed.

M. Michel Guéret, Hôtel de Dieppe, Rouen, has the following gastronomical titles: Member of the Conseil Magistral and Bailli de Normandie of the Chaîne des Rotisseurs, Commandeur des Chevaliers du Tastevin, Prud'homme de la Jurade St Emilion du Salon des Arts Culinaires de France, Diplôme d'Honneur du Salon des Arts Ménagers, Médaille d'Or of the Exposition d'Art Culinaire of Berne. The Hôtel de Dieppe is 'face gare rive droite' in Rouen

BOILED TROUT (or WHITING)

Truite au bleu

1 *fish for each person* (*if small ones*), *vinegar, parsley, boiled new potatoes, melted butter or hollandaise sauce* (*page* 186)

This is a recipe used for the famous blue trout, so popular on the Continent, which are kept in tanks until they are wanted.

It is a very good way of serving whiting, or any small fish. In France the trout are brought into the kitchen alive and about ten minutes before they are wanted they are stunned by a hard blow on the head. The water is ready boiling and they are cooked at once, as their freshness is their charm.

Boil your fish in salted water for as little time as possible: they should be firm but tender. Drain them and serve on a table napkin with parsley all round them. Serve separately some boiled new potatoes, and a lavish dish of melted butter or *hollandaise* sauce.

Restaurant du Faisan Gris, Calais

RIVER FISH WITH BUTTER SAUCE

Alose de la Seine au Beurre Frais

white fish (properly river fish from the Seine), carrots, onions, parsley, thyme, bayleaf, peppercorn, a sprig of fennel, 1 glass wine, or fish stock, butter sauce (page 186)

Lucien Dorin gives this recipe as his way for cooking river fish such as shad, but it may be used with any fish with a good white flesh.

Make a bed of carrots and onions, cut in small slices, and sprinkle the herbs over them. Pour the wine over the whole: Dorin recommends Anjou wine. If you have no wine, use fish stock made from the bones of the fish boiled in water with salt, pepper and a *bouquet garni*.

Place the fish on this bed and cover it with a sheet of greased paper. Cook gently in the oven until tender. Serve with melted butter.

Lucien Dorin, Hôtel de la Couronne, Rouen

POCHOUSE DU PÊCHEUR

This *Pochouse du pêcheur* is difficult to translate—it is a super fish stew.

Condrieu, from whence it comes, is a lovely little town on the river Rhône, some 20 miles below Lyons, and here lives M. Castaing at his well-known and beautifully situated *hôtellerie*. Condrieu prides itself on its antiquity—it dates from 59 BC, but it has other sources of pride also—its scenery, its traditions and its wines, appreciated by Pliny and Plutarch and by more recent connoisseurs. Condrieu is well worth a visit.

Cette race d'hommes solidement musclée
Gaillarde et brave, les Condriots.

And there are also, of course, *les belles Condriottes*!

The following recipe is a blessing to a wife or mother faced with the river fish her menfolk have caught for her. It should be made with:

three types of river fish (M. Castaing uses eel, perch, pike, or trout), fish stock, made from the heads of the fish, white wine, shallots, a bouquet garni (see page 193), cream or milk, fried bread, and a few prawns

To make the fish stock, boil the heads, well cleaned, in sufficient white wine to cover them. Flavour with chopped shallots and the *bouquet garni*. Leave to simmer for 20 minutes. The white wine used by M. Castaing is naturally Condrieu, but he gives a warning that this wine will not travel well and suggests Graves as a substitute.

When the stock is ready, pour through a sieve and keep the liquid warm.

Now for the fish to be used. You must of course make use of any edible fish brought home by your menfolk, but you can

discreetly augment it if necessary with help from your fishmonger, who will advise you. Cut the fish into good helpings and cook them for 10 minutes in the strained fish stock. Remove and keep hot, retaining the stock.

Thicken this stock by adding cream or milk and a little flour, and keep it warm.

Place the fish on a long serving dish and decorate it with slices of fried bread and a few prawns to give it colour. (Crayfish are classically the correct choice—a shellfish to be found in many English rivers and very popular on the Continent.) Then pour the hot sauce over the fish.

If ever you get the opportunity, eat your *Pochouse* on the charming balcony at M. Castaing's *hôtellerie* looking over the river and away to the hills.

BREAM GOURMANDE

Dorade Gourmande

One 3 lb bream, some small mushrooms, an 'egg' of butter, grated breadcrumbs, herbs (bayleaf, thyme, chopped parsley), ½ bottle Graves, 2 large onions, 3 oz grated cheese

First of all, chop the onions coarsely and sprinkle them over the bottom of a fireproof dish. Lay the bream (whole) upon this bed. Add a little salt and pepper. Push the bay leaf into the throat of the fish. Add the thyme, after crushing it with the fingers, in small pieces. Cut the mushrooms in four. Pour the half bottle of dry Graves over the fish.

Cook for 90 minutes in a medium oven. Baste at intervals with the liquid to prevent the fish from becoming dry. Ten minutes before serving, sprinkle the fish with the chopped parsley. At the last minute, add the butter in small dabs over

the fish. Cover with the breadcrumbs and the grated cheese and leave to *gratiner*, that is, to colour lightly.

At Arcachon—a very pleasant sea-side resort some thirty miles from Bordeaux—is to be found the Hôtel Richelieu, from which this recipe comes. Its proprietor is M. Étienne Lecourt, whose family has owned it for forty years. M. Lecourt is a Chevalier du Cep, Prud'homme de la Jurade de Saint-Émilion, Commandeur d'Honneur de la Commanderie du Bontemps-Médoc, and Maître Rôtisseur de la Confrérie. Naturally he sees to it that the food served at his restaurant is up to his high reputation. His hotel overlooks the sea. He writes: If you are seeking a lovely sea-side place, wishing for every-day bath, yearning to go in for all water sports, then Arcachon is the place for you. Palm trees, flowers, casinos, 'one theatre', 'numerous dancings', and sports 'with birds shooting and fishing allowed at any time in the Bay'.

BOUILLABAISSE

Madame Placide Quazzetti of Hôtel du Débarquement, Le Dramont, Côte d'Azur, naturally makes this distinctive and renowned dish with a variety of Mediterranean fish. Those she likes to include are: *rascasse, grondin, galinette, saint pierre, roucaou, baudroie, murène, crabe and langouste.*

The English cook who wishes to try this famous dish cannot hope for such a variety. The least she can use, and still get a good result, is 1 lb of a firm fleshed white fish such as halibut and 1 lb of a softer fish, such as plaice. In addition, it is essential to add a tin of lobster or of crab. Without one of those the flavour cannot be even nearly right.

Peel and slice a large onion, brown it in olive oil. Add two

tomatoes peeled and sliced, garlic if liked, a flavour of thyme, bayleaf, fennel and parsley. Stir the onions and the other ingredients together with 2 tablespoons of thick tomato sauce (this may be bought in tins).

Now add 4 boiled sliced potatoes and the firm fish, retaining the softer fish and the lobster or crab. Stir in a good pinch of turmeric and season all with salt and pepper. Cover with boiling water and boil briskly for five minutes.

At the end of that time, add the softer fish and the tinned lobster or crab (which has already been cooked before being tinned and therefore does not need more than heating through). Boil gently for 5 minutes, when the fish should be tender but still retain its shape.

To serve the bouillabaisse, use two dishes. In a deep dish arrange some large pieces of toast rubbed with garlic or onion. Pour the juice from the saucepan of fish over the toast. In a second dish, arrange the fish and the sliced potatoes. If wished, add a little thin mayonnaise sauce.

It must be remembered that there are many variations of recipes of bouillabaisse. This one is practical and simple for English cooks and guests will be interested in being served with this speciality.

From Mme Placide Quazzetti, Hôtel du Débarquement, Le Dramont, Côte d'Azur

BOURRIDE

6 new potatoes, some pieces of fresh haddock, eel, if you like it, 2 egg yolks, salad or olive oil, fried bread or toast

Scrape the new potatoes, put in saucepan of water and bring to boil, add salt and the fish cut in slices and boned. Add a little

onion or garlic if liked (actually a good deal of garlic is used in this dish).

Break 2 fresh eggs, separate, and place the yolks only in a bowl. To these add about ½ pint salad or olive oil, drop by drop, as for a mayonnaise.

Drain the fish and add some of the water in which it was boiled into the mayonnaise. Cover the fish with the sauce, place the potatoes round it, and serve with a few slices of fried bread. Serve hot.

Restaurant Castanet, Nîmes

DEVILLED FISH

Poissons Diables

1 lb fish (or more), butter, 1 lemon, 2 egg yolks, salt and pepper, mustard, chopped parsley

This dish is very excellent made with a lobster, but any fish is good cooked in this way, provided it is carefully done.

Melt some butter in a small saucepan which is placed in a larger one filled with boiling water. Add a little lemon juice, chopped parsley, and thicken with one or two egg yolks. Now cook the fish in salted boiling water.

Place a little mustard in a bowl, and add the sauce to it very slowly, stirring all the time with a spoon. When creamy and smooth, put the sauce all back into the small saucepan and keep warm.

Arrange the fish on a long dish, pour the sauce over, and decorate with slices of lemon all down the centre, and chopped parsley.

If there is any sauce over, serve with the fish. Serve hot.

E. Bouthelier, Grand Hôtel de Bretagne, Lorient

FISH AU GRATIN 1

2 lb cod, hake, or other white fish, white sauce (see page 185), parsley, breadcrumbs, butter, lemon slices, bouquet garni, 4 peppercorns

Boil the fish in salt water with the *bouquet garni* and the peppercorns. Remove the skin and bones and mash the fish with a fork. Make the white sauce with $\frac{1}{3}$ pint of milk, mix it with the fish and chopped parsley, and arrange in a fireproof dish. Sprinkle with breadcrumbs, place a few dabs of butter on top, and cook in the oven, set fairly low, for 15 minutes. Serve with lemon slices.

A smaller amount of fish can be used if a potato *purée* (see page 154) is added at the same time as the white sauce and parsley. E.V.

FISH AU GRATIN 2

2 lb cod, hake, halibut or lobster, cream or milk, 1 oz butter a little flour, grated cheese

Boil the fish—it may be cod, hake, halibut, or lobster—in salt water until tender. Cool it. Place in a saucepan, flaked, or if lobster in pieces, and cover with cream or milk. Simmer for 8 to 10 minutes, thicken with 1 oz butter mixed with a little flour, season. Place the fish in a greased dish, a long one preferably, and sprinkle well with grated Parmesan cheese. Place in a hot oven to brown and serve very hot.

Restaurant de la Mère Guy, Lyon (M. Foillard)

FISH MOULD

1 lb hake or cod, 4 oz breadcrumbs, 1 teacup hot milk, onion, seasoning, grated nutmeg, 3 eggs, fat, tomato sauce

This is a homely French dish much used in French households, and it is both economical and delicious.

Boil the fish for ten minutes. Leave it to drain and cool. Then flake it off the bone. Soak the breadcrumbs in the hot milk, brown the onions in slices in the fat melted in a pan until very hot. Place the flaked fish, onion and breadcrumbs (which have previously been drained) in a saucepan. Divide the yolks from the whites, beat the latter to a stiff froth, and add both to the saucepan.

Flavour the whole with a spoonful of chopped parsley, a pinch of salt, a little pepper and some grated nutmeg.

Grease a mould with butter or margarine and sprinkle it with grated breadcrumbs. Fill it with the fish mixture from the saucepan, leaving a little space at the top. Cook it in the oven in a pan of water or steam in a saucepan. It will take about 35 to 40 minutes. Turn it out of the mould and serve with tomato sauce (page 187).

FISH QUENELLES BRILLAT-SAVARIN

Délices de Quenelles de Brochet Brillat-Savarin

fish cakes, sauce hollandaise, crayfish or shrimps

Place the *quenelles* or fish cakes for a few minutes in boiling salted water to swell and soften them. A *quenelle* in France is bought at a grocer's shop and is made in the shape of an egg. Fish cakes can, of course, be bought in England ready made.

When swollen, remove and place on a dish covered with a *sauce hollandaise* (page 186). Crayfish should then be added to this dish: the fresh-water kind are used in France, but a sea-water kind are to be bought at English fishmongers. You will have to take them out of their shells and warm them up in some of the *hollandaise* sauce. If you prefer, use tinned shrimps or prawns. A slice of truffle, mushroom or lemon should be placed on each *quenelle*.

This dish glorifies common fish cakes beyond all knowing.

Léon Liéger, Grand Hôtel de l'Écu de France, and Restaurant Brillat-Savarin, l'Isle Adam

FRESH HADDOCK TERRASSE

1 large fresh haddock, chopped mushrooms, breadcrumbs, herbs, 1 or 2 egg yolks, onion, carrots, bouquet garni, wine or water, cream or milk

Have the fish split and the bones taken out. Fill with the following stuffing: chopped mushrooms, breadcrumbs soaked in warm milk, some herbs, and 2 egg yolks, with plenty of salt and pepper. Mix well together, place in the inside of the fish and tie round with string. Place in a large sheet of greased paper. Take a long dish, fill it with a few sliced onions and carrots and a *bouquet garni* (see page 193), and add a little wine and water. Place the fish on top and simmer in the oven until tender—about half an hour. Put the fish, still in its coat of paper, aside to keep hot, and pass the rest of the contents of the long dish through a sieve or strainer.

Take some of the juice and thicken with butter and the yolk of an egg, do not boil. Then add fresh cream or a little milk.

Remove the fish from the paper, cover it with the sauce, and serve very hot.

Hôtel La Terrasse, Lyons-la-Forêt

MATELOTE OF EEL OR OTHER FISH

Anguilles du Rhône en Matelote

2 lb eel or other fish, 1 onion or shallot, 1 carrot, flour, frying fat, seasoning, wine or stock, mushrooms, pickled onions, fried bread or toast

Make the sauce first. Fry an onion or shallot, then add a carrot sliced, and a little flour mixed with cold water before being added. A little wine or stock improves the sauce, which should be well seasoned, cooked slowly, and then put through a strainer.

If you are using eels, roll in flour when cut in pieces, and fry. If other fish, boil in salted water and flake. Pour the sauce over the fish and leave it to simmer gently until thoroughly impregnated. When this is done, serve on a long dish with a few mushrooms, some small pieces of fried bread and a few small pickled onions.

Hôtel du Louvre et de la Poste, Tarascon-sur-Rhône

A DISH OF EELS

La Matelote d'Anguilles de l'Oise

This dish is highly prized by gourmets and may be enjoyed to perfection at the Hôtel du Cabouillet, l'Isle Adam, where

M. and Mme Moreau have served most excellent dishes to their clientele for 48 years.

For this dish, says the recipe, you should 'start with a lovely river eel, well alive', of about 2 lb in weight. Skin it and cut it into pieces 2 to 3 inches long, which must be cleaned without slitting. English cooks may prefer their eels 'well dead', but this was not always so. You may remember the story of the gentleman, who, seeing a girl skinning eels alive, asked her 'if it were not very cruel?' to which she replied: 'Oh, not at all, sir. They be used to it.' *Autre temps, autre moeurs.*

1 river eel of about 2 lb, cloves of garlic, onions, red wine, bouquet garni and spice, salt and pepper, coarsely ground in a mill

Place the eels, cleaned and cut into pieces, in salted water to soak. Meanwhile, place as much lard in a frying pan as will brown some finely chopped carrots and onions. When browned, add if liked a few cloves of garlic, a little spice, a *bouquet garni* (see page 193) and season with salt and pepper. Pour in a glass of red table wine. Cover the frying pan and allow the contents to simmer gently for 2 hours. Then strain, retaining the liquid, and replace the pan on the stove. (The strained carrots and onions may be used for soup.)

Add to the liquid the pieces of eel, well drained. Bring the liquid to the boil. When the eel is poached, pour it and the liquid into an earthenware bowl. Leave in a cool place. You will then have obtained a good jelly in which the pieces of eel are embedded.

The *matelote* itself is made from the jellied eel as follows. Some small cubes of bacon fat are browned in a pan. When brown, add a few small onions and sprinkle the whole with flour and seasoning. Add, at choice, claret, small mushrooms,

chopped garlic, seasoning, etc. Your own taste must guide you here. Reduce the liquid a little.

When ready to serve the dish, transfer the eel from its jelly into this sauce which you have just made. Heat it up and pour into a dish. Add small cubes of fried bread. Serve very hot.

Léonie Moreau, Le Cabouillet, l'Isle Adam (Seine-et-Oise). Mme Léonie Moreau holds the Diplôme d'Honneur, Arts Ménagers, 1953, and the Lauréate, Semaine Gastronomique, Aix-en-Provence, 1955

SOLE DUGLÈRE

filleted sole or other flat fish, ½ onion, 2 shallots, 2 tomatoes, parsley, seasoning, white wine, vinegar or stock, 1 oz butter, 1 tablespoon flour, juice of 1 lemon

The fish for this dish should be filleted. If it is sole, then the fillets may be left whole; other fish, such as plaice, should be cut in pieces crossways.

Grease a long dish and lay in it half a chopped onion, 2 chopped shallots, 2 tomatoes skinned and cut in slices, and seasoning together with a little chopped parsley. Add a few spoonfuls of white wine if handy. If not, you must use vinegar, water or stock made from the fish bones.

Bake very gently in the oven. Drain off the liquid, remove the fish to the dish on which it is to be served, then make the sauce. This is done with the drained-off liquid. Melt 1 oz fat in a saucepan but do not brown, add a tablespoonful of flour and stir together. Then pour in the liquid and stir until thick, finally adding the juice of a lemon and seasoning. This

sauce must be stirred well; the longer it is stirred, the better it will be.

Pour the sauce over the fish and serve.

Hôtel Riva Bella, Le Touquet Paris-Plage

SOLE BOURGUIGNOTTE

Sole Farcie à la Bourguignotte

For this, you require a sole for each person. Ask the fishmonger to clean and prepare the fish, but not to fillet it.

Place the prepared soles in a deep frying pan or shallow stew pan and with it place a knob of butter, a few shallots, a little thyme, or other herbs as liked. Now just cover the fish with red wine and/or fish stock, which latter can be made by boiling down fish bones bought from the fishmonger. The red wine is less trouble but more expensive. Both can be used if wished, but still only enough just to cover the fish.

Cook sharply for ten minutes, then lower the heat and simmer until the fish is tender. Then gently lift the fish out of the pan and keep hot.

Thicken the liquid in the pan: this may be done by mixing together a little butter and a spoonful of flour and stirring this in carefully.

Pour the sauce over the fish and sprinkle the top with little squares of fried bread, a few little mushrooms or some browned onions, as preferred.

M. Breton. Restaurant à l'Escargot. Auxerre (Yonne)

FILLETS OF SOLE

Filets de Sole

1 *good-sized sole, batter, light beer, seasoning, fat, lemon, parsley*

Make a batter (page 193), adding to it some light beer. Have the fish filleted, cut the fillets short and dip them in the batter. Season well. Melt frying fat in a pan until it is very hot, fry each fillet in it, and drain on soft paper. Serve on a long dish with slices of lemon and parsley.

Le Manoir, St Germain-en-Laye (*R. Dasriaux*)

FILET DE SOLE À L'ANGLAISE

This is a curious recipe for a Frenchman to send to an Englishman, but here it is.

filleted sole, haddock, or plaice, breadcrumbs, cooking fat, maître d'hôtel butter (*page* 194)

Wash the fish, then dry with a cloth. Sprinkle finely grated breadcrumbs over the fish and cook in clarified butter or other fat.

Arrange on a hot dish with *maître d'hôtel* butter. This is made by beating the juice of a lemon into a little butter, add pepper and salt. The pat so obtained should be placed in a cold place until hard as the contrast between the hot fish and the cold or iced butter is attractive.

Hôtel Riva Bella, Le Touquet Paris-Plage

FILLETED SOLE

Filets de Sole à la Bourgignonne

The sole—or plaice, if preferred—should be filleted. Simmer some sliced onions and arrange them in a layer at the bottom of a fire-proof dish. Arrange the fillets of sole upon the onions. On top, lay a few mushrooms, the stalks sliced but the heads left whole. Add a glass of red wine (Macon is recommended for this) and cook gently in the oven.

When the fillets are tender, set them aside to keep hot while you reduce the sauce and thicken it with a little flour and butter. Replace the fillets, add the sauce, and serve hot.

This is an excellent yet simple dish sent by M. Corticchiato, proprietor and chef de cuisine at Les Tonneaux, Joigny, Yonne, on the Route-Nationale No. 6. His restaurant is immediately recognized by the gigantic Barrels, neatly thatched, which stand alongside the inn, half-way between Paris and Dijon

FILLETED SOLE

Filets de Sole Madame Spillman

2 lb sole, skinned and cut into 4 fillets—both these operations may be done for you by your fishmonger. A glass of wine, a tablespoon of tomato juice, an 'egg' of butter and a little cream

This is a delicious dish, simple to prepare. Place the fillets in a stewing pan together with a glass of white wine. Add to these the spoonful of tomato juice, the 'egg' of butter, and season all with salt and pepper. Start cooking briskly, then lower the

heat. When the fillets are tender and the sauce reduced, add two tablespoons of cream.

Now take a long dish well warmed. Place the fillets on it neatly. Pour the sauce over and decorate the dish with rosettes of pastry (cooked a gentle brown) or neat slices of fried bread, as preferred. Serve hot on warmed plates.

Between Valence and Orange, on the opposite side of the river Rhône, you will find the attractive little town of Baix (Ardèche). Here is the Hôtellerie La Cardinale, one of the Relais de Campagne—inns which offer the traveller or the tourist a quiet and restful stay away from main roads, with excellent food and pleasant countryside. M. Tilloy is President of the Relais de Campagne and Mme Tilloy is the chef de cuisine at the hôtellerie

FILET DE SOLE BELLE MEUNIÈRE

filleted sole, plaice or haddock, butter, mushrooms, tomatoes, butter sauce (*page* 186)

The fish must be filleted lengthways. Cook it in the oven in butter, seasoning well, and placing a piece of greased paper over the top of the dish.

Make a bed of sliced fried mushrooms and round the edges place small tomatoes cut in half and grilled. Put the fish on the mushrooms and serve with butter sauce (page 186).

Hôtel Riva Bella, Le Touquet Paris-Plage

GRILLED SOLE MAÎTRE PIERRE

La Sole Grillée Maître Pierre

Buy as many soles weighing half a pound each as there are diners. Get your fishmonger to skin the soles and cut off the fins all round. The only other ingredients required are salt and pepper, a little chopped chervil, the juice of a lemon, plus 1½ *oz of butter per person*

Get your grill pan *very hot*, also your grill. Dip each sole in salad oil and place it *on* the grill. Leave for about five minutes. Then gently lift each sole off and return it so that it lies with the same side uppermost, but at right angles to its former position. In this way, the bars of the hot grill will burn a criss-cross pattern. Now do the same thing with the underside, turning that at right angles also. By no means overcook the fish. Place each sole in a long buttered dish and keep warm while you make the sauce.

This is very simple. Pour the strained lemon juice into a small saucepan on a high heat, bring it quickly to the boil, and the moment it is frothy, add the salt, pepper, chopped chervil and butter. The sauce is very delicate and must not be allowed to liquefy. Serve with the fish in a hot sauce boat.

This recipe comes from the Vendée. It is sent by M. Pierre Menard of the Hôtel Beau-Rivage in the coastal town of Les Sables-d'Olonne. It is an interesting recipe and with a little care, a first-class result can be obtained very quickly.

SOLE NORMANDE

A Classical Dish

1 *sole* (*or more as required*), *a few small mushrooms, a few mussels cooked or tinned, a few shelled shrimps,* 1 *egg yolk for each person,* 2 *oz butter to each person, pastry 'fleurons' or fried bread*

The *sole normande* is a recipe over a hundred years old. In the course of research into French *cuisine*, culinographers have found that the *sole normande* was first evolved by the famous chef, M. Langlais, of the Rocher-de-Cancale. This restaurant reached the height of its fame between the years 1835 and 1840.

Here is Lucien Dorin with his recipe for the *sole normande*. He also is a famous chef, and connoisseurs from all over the world have travelled to Rouen and regaled themselves on this delicious dish at the Hôtel de la Couronne.

Mussels are too rarely eaten in England, but a travelled Englishman always asks for them on the Continent, so why not give them to him here?

Open a few large mussels; this is how it is done. The mussels must be scraped and washed, then placed in a saucepan of water on the fire. They will open after a few minutes and are then ready. Mussels may be bought in a tin ready cooked.

Cook a few mushrooms in butter or other fat and then pour into a long buttered dish the juice in which the mushrooms were cooked and the water in which the mussels were boiled. The sole must cook very slowly in the oven, in this prepared dish. When it is tender, place it on the serving dish and arrange on it the mussels, the mushrooms and a few peeled shrimps.

Put the juice from the dish in which the sole was cooked into a small saucepan and simmer it until it is reduced. In another saucepan place the egg yolks (one for each person) with a drop of water, and beat to a froth over a gentle flame. Add to this, still on a gentle flame, the butter (2 oz for each person). To this sauce, add the juice simmering in your other saucepan.

Warm your sole in the oven gently, pour over it the sauce of

eggs and butter. The sole should be decorated with smelts, fried in butter, and crayfish, but alternatively, you may decorate with what are called *'fleurons'*—small pieces of pastry cut in fancy shapes, or with squares or triangles of bread fried on both sides.

Lucien Dorin, Hôtel de la Couronne, Rouen. In 1959 this hotel was awarded a prize as the oldest hostelry (founded in 1345) in France. In 1944 a bomb was dropped on it—600 years after its foundation. The Dorin family have been connected with the hotel for the past forty years

CRAYFISH RENÉ BAYLE

Écrevisses Limousin

crayfish, 3½ oz raw ham or bacon (green, not smoked), fish stock, shallots, garlic, 1 sprig tarragon, flour, wine

Crayfish, as eaten in France, are fresh water crustacea, 3 to 4 inches long, and are eaten in the fingers, being difficult to manipulate otherwise. In England, we give the name to a kind of small lobster, which is moderate to buy and very good to taste. It is possible to remove the fish easily from its shell and cook it in this way.

Remove the flesh of the crayfish (English crayfish) and wash well. Fry in hot fat and then throw into the following sauce: boil the bones of any fish until you have a fish stock, put through a sieve and then add 3oz raw ham or bacon chopped up with a few shallots, a dash of garlic, a sprig of tarragon. The stock should first be thickened with flour and made in the same

way as *béchamel* sauce (page 185), but adding fish stock instead of milk.

A glass of wine should also be added.

Taverne du Lion d'Or, Limoges

ÉCREVISSES AMOUREUSES

butter, 1 small lobster, cooked and cut in pieces, equivalent of prawns or crayfish (shelled), a little stock, white wine or brandy, chopped shallot and parsley, cream or milk, a little flour

Literally crayfish in love—but if you have no crayfish, try the recipe with lobster or prawns.

Melt the butter, throw in the fish and fry. Pour over them a little stock, white wine, or brandy if you have it. If brandy is used, set it alight. Sprinkle the fish with very finely chopped shallot and parsley and cook a few minutes. Remove the fish and keep warm, pour the sauce into a small pan and thicken with fresh cream or milk and a little flour. Season, reduce for five minutes, then put the crayfish back into the sauce. Cover the saucepan and keep on a low flame until the fish is really impregnated with the sauce.

Restaurant Marie Fenton, Malmaison

SHELLFISH COOKED À LA MODE DU PERCHE

Perche is a region of France south of Normandy in the province of Maine.

2 lb white fish or crayfish, carrots, onions, apple brandy, cider, brandy or stock, thyme, milk or cream

Crayfish are excellent cooked in this way and are eaten out of the shells with the fingers, an example which the sender strongly recommends English people to follow, stating that we are far too chary of using our fingers.

If you use prawns, allow ten to each person. If you use ordinary white fish, such as cod, boil it first in salted water and season.

Cut up two or three onions and carrots, fry a golden brown with a sprig of thyme. When golden, pour over a glass of apple brandy, cider, brandy or stock, and cook again. Apple brandy is made in the Perche district and is excellent. Add a few spoonfuls of cream or milk, and cook again. If sufficiently thick, strain and warm up the fish in the sauce. If too thin, reduce first by simmering. Serve hot. It should by rights be accompanied by a cool Alsace wine.

Le Grand Monarque, Chartres

LOBSTER PANCAKES CREYSSON

1 fresh lobster, béchamel sauce (page 185), pounded crayfish or shrimps, 2 egg yolks, truffles or whole shrimps

If you fight shy of boiling the lobster, buy it ready cooked, but make sure it is fresh. When cooked, remove the flesh without breaking the shell. Make a *béchamel* sauce and add to it either crayfish, cooked, shredded and pounded, or cooked peeled shrimps. Take the chopped flesh of the lobster and mix it with

the sauce, adding two egg yolks to thicken it, heating gently, but not boiling, and stirring all the time. Season well. Place your washed empty lobster shell on a dish and fill with the mixture. Decorate the dish with truffles cut in slices, or whole shrimps. This dish should look very pretty and taste as good as it looks. It is suitable for 8 people as it is very rich and filling.

Henry Creysson, Chez Henry, Orange

BROILED LOBSTER (FROM MONT ST MICHEL)

Homard Grillé aux Herbes du Mont

You will need one lobster, about 1 lb or a little over, for two persons. The directions for this dish are 'Slit a live lobster in two'. Our readers may prefer to buy a ready boiled lobster, nice and red from the fishmonger.

Each half of the lobster will be sufficient for one person. A medium sized lobster is said to have the best flavour: a cock lobster is said to be the most tender in flesh: and a hen lobster is valued on account of the spawn used for making the sauce and coral for garnishing. Thus, all have their uses. M. Marquet suggests a hen lobster for this dish.

Remove the spawn and coral. Place in a bowl. Put the two halves of the lobster on a fireproof dish and sprinkle the flesh with salt and pepper. Pour over a little olive oil and place in the oven to heat.

Meanwhile, take the bowl with the spawn and the coral and add to them a little tarragon, fennel or other herbs if liked, a teaspoon of brandy and 4 oz fresh butter. Knead all together until the sauce is the consistency of a good French mayonnaise.

When the lobster is hot, place the sauce over the two halves and *'gratiner'* under the grill so that it is nicely browned. Serve at once with lemon juice.

M. Marquet who sends us this recipe from Hôtel de la Mère Poulard, Mont St Michel, recommends what he terms a comparatively simple and light dish for those 'whose stomachs are unable to cope with rich sauces made with cream'

PRAWNS GEORGETTE

Langoustines Georgette

A langoustine is a tiny lobster, about 8 inches long, and the thickness of a cork. But prawns are very good cooked in this way.

1 *pint prawns*, 1 *lettuce*, *béchamel sauce* (*page* 185), *salt and pepper*, *butter*, *court bouillon* (*page* 194), *bouquet garni* (*page* 193), *breadcrumbs*

You will probably buy your prawns ready cooked. If so, make a *court bouillon* or fish stock with some fish bones, onions, carrots, a *bouquet garni*, salt and pepper, boiling the fish bones until the water in which they are cooked is well flavoured. If you cook the prawns yourself, you can make the *bouillon* with the water in which the prawns are cooked.

Wash the lettuce in salted water, drain and chop roughly. Melt a little butter in a saucepan, add some stock and simmer the lettuce until tender.

Make a thick *béchamel* sauce and add to it seasoning, cream if you have it, and a little wine or stock. The sauce should be light in colour; if at all lumpy it must be sieved.

Place your cooked lettuce at the bottom of a casserole, then the prawns, shelled, and then pour the sauce over them. Sprinkle with breadcrumbs, add a few pieces of butter and place in the oven to brown slightly. Serve very hot.

E. Bouthelier, Grand Hôtel de Bretagne, Lorient

POULTRY AND GAME

Chicken

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ECONOMICAL USE OF A CHICKEN

Chicken figures very largely in French recipes, but it may be used with great economy.

Take a boiling fowl. Make the first meal, dinner, of fowl with lemon sauce. Make the second meal of minced chicken turned into a *soufflé*. Make the third as soup, thickening the stock and adding vegetables and tapioca or other cereal. Make the fourth as *risotto* (page 134), using the stock left over and boiling up the bones again.

CHICKEN ARCHIDUC

Volaille de Bresse sautée Archiduc

1 *chicken*, 1 *onion*, 1 *shallot*, *bouquet garni* (*page* 193),
1 *glass sherry or stock*, *butter*, *flour*,
salt and cayenne pepper, *mushrooms*,
pieces of fried bread

Have the chicken jointed. The legs should be separated, then the wings, then the tips of the wings and finally the two breast fillets. They should not be entirely detached.

Melt some fat in a deep frying pan and brown the chicken well when the fat is hot. Add to it, and brown also an onion cut in slices, and a whole shallot. Then add a *bouquet garni*. Season to taste with salt and pepper.

Cook gently together for about 20 minutes. Then add a glass of sherry or stock and immediately add as much cream as you can afford. Cook for another ten minutes.

Remove the chicken and arrange the pieces on a dish, having now separated them off. Keep warm. Mix a piece of butter with a little flour, add a shake of cayenne pepper and season as

required with salt. Add this to the sauce which you have strained from the dish in which the chicken was cooked. Skim well and when thick, pour over or round the chicken. Garnish the dish with small pieces of fried bread and some small mushrooms cooked in butter. Slices of truffles should also be served.

Hôtel de France, Montpelier

CHICKEN BEAU-RIVAGE

La Poularde Beau-Rivage

1 roasting chicken of about 3 lb when dressed, bouillon of vegetables, mushrooms, 1 lb spinach, tomato purée, Sauce Suprème

First make the *bouillon*. This is done by using various vegetables, such as leeks, carrots, turnips, celery. These should be chopped or sliced and boiled in water for at least one hour.

Now take the chicken, ready dressed, and plunge it into the boiling *bouillon*. Add the mushrooms, washed and trimmed. Turn the heat low and go on cooking gently until the chicken is tender.

Meanwhile, cook the spinach, well washed, and make it into a *purée*. Keep it hot. Prepare the tomato *purée* (this may be bought in tins). Now make the *Sauce Suprème*.

Remove the chicken from the *bouillon*, joint it and arrange the joints in the centre of a long dish, which has been well warmed. Strain off the mushrooms and add them to the *Sauce Suprème*. Pour the sauce over the chicken. Pour the tomato *purée* into one end of the long dish and arrange the spinach *purée* at the other end. This makes an effective dish—the green spinach, the cream colour of the sauce poured over the

chicken, and the red tomato *purée*. You will also observe that a 3 lb chicken has gone a long way!

The *bouillon* in which the chicken was cooked will make excellent soup next day.

This is an admirable dish for a family dinner or for Sunday. It comes from M. Pierre Menard of the Hôtel Beau-Rivage at Les Sables d'Olonne in the Vendée

CHICKEN AU ROY RENÉ

Roy René lived from 1409 to 1480. He was Duke of Provence, King of Sicily, and Naples. He is still celebrated in Provence for his songs and known as the good King René, the patron of arts, literature and of troubadours. This dish is named after him.

1 *small chicken*, *flour*, *cooking fat*, *seasoning*, *small mushrooms*, 1 *glass red wine*, *port or stock*, *milk or cream*

The chicken should be jointed and rolled in flour. *Sauté* the joints in hot fat and season as required. Remove and keep warm. Add a little flour to the pan in which the chicken was cooked and mix well. Then cook a few small mushrooms and add to them a glass of red wine, port, or stock, and some fresh cream or milk and cook again.

Pour the sauce over the chicken and serve very hot.

Hôtel du Roy René, Aix-en-Provence

CHICKEN COOKED IN CIDER

Coq au Cidre

1 tender chicken, flour, butter or other fat, ½ pint dry cider, 1 glass cider-brandy, or rum if available, cream or milk, julienne (page 194)

Have your chicken jointed and roll it in flour, then *sauté* in butter or fat until golden brown. Meanwhile, put ½ pint of dry cider in a saucepan and allow it to simmer until it is reduced. Lucien Dorin recommends a glass of good old cider-brandy being poured over the chicken and lighted. Keep the chicken warm, arranged in a circle.

In your frying pan you will have some butter left; add to this the reduced cider and some fresh cream or a little milk, stir until well mixed and a golden brown.

Arrange in the centre of your dish, with the chicken arranged round, a *julienne*. This, according to Dorin, should be made exclusively of truffles and mushrooms, but a recipe for a simpler *julienne* is given on page 194. Pour the sauce over the chicken and serve very hot.

Lucien Dorin, Hôtel de la Couronne, Rouen

CHICKEN FORESTIÈRE

Poulet en Cocotte Forestière

A tender chicken 3 to 4 lbs, 3 oz bacon, some small onions or shallots, 1 lb potatoes, stock or gravy

Cut the bacon into large cubes and fry them in butter. Add the small onions or shallots. When browned, remove both onions and bacon cubes and set aside.

Then brown the chicken, trussed, in the butter, and set aside. Now turn your attention to the potatoes. M. Sicart cuts these into cubes (raw). Place them with the chicken, onions and butter. Season the contents and cook until the chicken is tender, on a low heat or in a cool oven. When cooked, add a *little* stock or gravy to moisten the chicken, but not to drown it.

For an 'occasion', M. Sicart suggests, the potatoes may be cut into small balls with a tool made for the purpose.

This recipe comes from Le Chapon Fin, a restaurant kept by M. Sicart in Bordeaux. You can eat here as well as anywhere in Bordeaux, as the French saying goes—and that is saying much!

CHICKEN HARDI IN CASSEROLE

Coq Hardi en Cocotte

butter or fat, 1 young chicken, bacon or pork fat, seasoning, 20 small potatoes, 3 oz mushrooms, 2 tomatoes, flour, 3 French artichokes if available

Melt a piece of butter or fat in a casserole. Cut the chicken in pieces and brown it in the fat with the lid on. Take the bacon or pork fat, cut into dice and place for a few minutes in boiling water. Drain them and brown in the butter with the chicken. (They can be browned without being boiled first.)

Peel 20 small potatoes; new ones are best, but if old ones must be used, cut them to the same size, as small as possible.

Peel and wipe with a cloth 3 oz mushrooms. Place two tomatoes in boiling water, remove the skins and pulp with a wooden spoon. Arrange potatoes, mushrooms and tomatoes

round chicken in the casserole, put the lid on again, and cook very, very slowly; season well.

There is no water in this dish, so that the lid must be sealed by placing a piece of greased paper under the lid and round the edges and jamming the lid on firmly. Cook over a gentle flame or in a warm oven. When tender, which will depend on the age of the chicken, remove the bird and the vegetables and place on a hot dish. Serve the sauce poured round and thickened if necessary with a little flour, mixed in a cup with cold water, poured into the sauce, then brought to the boil.

In France this dish is cooked with the addition of three French artichokes, the leaves being removed and the *fond* or base cut into squares, and added with the tomatoes and mushrooms to the saucepan.

This recipe comes from L'Hôtel Coq Hardi, Verdun. It has been sent by the chef so that 'everybody can know which hotel makes this great delicacy'

SAUTÉ CHICKEN LIMOUSINE

Poulet Sauté Limousine

1 *large tender chicken, flour, cooking fat, chopped shallot,*
1 *glass white wine, wild mushrooms, sliced boiled potatoes, chopped parsley*

Have your chicken ready jointed and roll it in flour, then *sauté* gently in fat, adding a little chopped shallot and a glass of dry white wine.

Separately, *sauté* large wild mushrooms in oil or other fat. Drain and add to the chicken. In another pan *sauté* slices of boiled potatoes with a generous sprinkling of chopped parsley.

Serve the chicken in the same dish with the mushrooms but the potatoes separately. Season all well.

This is a favourite local dish.

Taverne du Lion d'Or, Limoges

CHICKEN MANOIR

Poularde Manoir

1 *boiling fowl, white wine or stock, onions, carrots, bouquet garni* (*page* 193), 1 *glass milk*

FOR PASTRY: ½ *lb flour,* ¼ *lb lard or butter, grated cheese, cooking fat, salt*

Place the chicken in a casserole with a little white wine or stock, some chopped onions, scraped and sliced carrots, and a *bouquet garni*. Season and simmer gently until tender, the time depending upon the age of the fowl. Pass the liquid through a sieve, pour it into a small saucepan and reduce until thickish. Before it is ready for serving, you must add a glassful of thin cream or milk and place the whole in a gravy dish; keep warm.

Now make what are called the '*palmiers au fromage frits*' which are a kind of cheese pastry. Put ½ lb flour in a deep bowl, work in ½ lb lard or butter and moisten with a little water to make a paste. Roll the pastry out four times, and the third time add some of the grated cheese in the centre of the pastry, turn it over and roll again. Do the same the fourth time also. Cut out the pastry into 2-inch squares, place a piece of butter the size of a butter bean on each, roll over and fry in very hot fat. Drain on soft paper, salt well, and arrange round the chicken.

M. Dasriaux, Le Manoir, St Germain-en-Laye

SAUTÉ CHICKEN WITH MUSHROOMS

Poulet sauté aux Morilles à la Crème

1 *chicken weighing about* 2 *lb*, 4 *oz small mushrooms, butter or other fat, a few chopped shallots*, 1 *small glass brandy or rum*, ½ *pint milk or cream, seasoning*

Soak the mushrooms in lukewarm water before use. Have the chicken singed and drawn and carved into joints. Season each joint well. Melt a good lump of butter in a frying pan or casserole and brown the chicken in it on each side. When the chicken is half cooked, add the mushrooms (which have been previously cooked in butter in another pan), the chopped shallots and the brandy or rum. Last of all add the milk or the cream and season well. Finish cooking gently until tender. Serve very hot.

This dish is for four persons and is a speciality of Franche-Comté, the province in which Besançon is situated. It should not be attempted unless all the ingredients are to hand. The recipe was kindly sent by the Grand Hôtel, Besançon

NORMANDY CHICKEN

Poularde Normande

1 *large chicken*, 1 *lemon, bacon or pork fat, left-over white meat, carrots, onions, bouquet garni* (*page* 193), *cream or milk*, 1 *glass brandy or cider, mushrooms, butter*

Have the chicken dressed and ready, and pour over it the juice of a lemon. Lard it well with pieces of fat and put it in a large saucepan. On the bottom of this saucepan should be a layer of

pieces of any left-over white meat you have—pork or veal. Add carrots, onions, a *bouquet garni* (page 193), salt, pepper and a little water. Place a sheet of greaseproof paper over the saucepan and put the lid on top of it.

Cook on a moderate fire until tender. Remove any surplus fat, take out the chicken, and joint and skin it. Skim again, strain off the vegetables (use for soup) and put the liquid back into the saucepan. Add fresh cream or milk. Pass the sauce through a sieve and add a small glass of brandy or cider. The sauce should be white. Decorate the chicken with some small mushrooms cooked gently in butter and serve the sauce separately.

À La Petite Marquise, Lisieux

CHICKEN PROVENCE

Poulet à l'Ail

Strictly speaking, this is chicken with garlic, but the English do not favour garlic. They miss a great deal by this, but onions may be used instead.

1 *chicken*, 2 *or* 3 *cloves of garlic*, *or* 3 *onions*, 3 *or* 4 *tablespoons salad oil*, *melted butter*, *the liver of the chicken*, *breadcrumbs*, *milk*, *chopped shallot*, 1 *glass stock or brandy*

The chicken should be prepared and cleaned, and the garlic or onions (sliced) placed inside it before it is roasted in the oven, to give it flavour. Roast until partially cooked in the oven.

Meanwhile devote your attention to the stuffing. Place two handfuls of breadcrumbs in a little hot milk until soft; add to them the oil or some melted butter or margarine; the liver finely chopped, and a chopped shallot or a clove of garlic. A

small glass of brandy or a little stock should be added to moisten the stuffing. Season.

Now remove the chicken, place some of the stuffing under the skin in the usual way, and the rest inside the bird where the onions were. Place in a casserole with a little fat and finish the cooking.

Hôtel du Roy René, Aix-en-Provence

CHICKEN TARTARIN

Poulet sauté Tartarin

1 *chicken, flour, seasoning, cooking fat, stock or wine, onions, mushrooms, black olives*

Have the chicken jointed, roll in flour, season and fry in fat or braise in stock. When tender, add a few finely chopped onions, a little stock or wine, and leave to simmer half an hour with a few field mushrooms, and a few black olives. Serve very hot.

Hôtel du Louvre et de la Poste, Tarascon-sur-Rhône

CHICKEN SAUTÉ VALLÉE D'AUGE

Poulet Sauté Vallée D'Auge

1 *chicken or boiling fowl, salt and pepper, cooking fat,* 3 *tablespoons brandy or* ½ *pint cider, milk or cream, bouquet garni* (*page* 193), *onions, carrots*

Joint the chicken, or have it done ready at the poulterer's. Trim the pieces neatly and remove the skin. Season with salt

and pepper and fry in fat in a flat pan. The fat should be butter but you must use what you have. Brown on both sides.

Pour in 3 tablespoonfuls of brandy (in Rouen cider-brandy is used) or ½ pint of good cider. Add some thick fresh cream or milk. Then complete the cooking by covering the pan, after you have added a *bouquet garni* made of a few sprigs of parsley, bayleaf and thyme, tied in a muslin bag. When the chicken is tender, arrange the pieces on a round dish and keep warm. Reduce what is left in the pan by simmering, add a few onions chopped and browned in fat, and carrots shaped like olives which have been cooked in salted water.

Pour the sauce over the chicken and serve very hot.

A fairly flat casserole would be a good dish to cook this in.

Lucien Dorin, Hôtel de la Couronne, Rouen

CHICKEN WITH WHITE SAUCE 1

Poulet au Blanc

1 *boiling fowl, salt and pepper, 2 or 3 whole onions, bouquet garni* (*page* 193), *carrots, 2 oz butter, flour, 2 egg yolks*

If you have a chicken which has reached the boiling age, this is a good way to cook it.

Put sufficient cold water into a saucepan to cover your chicken. Add salt, pepper, 2 or 3 whole onions, a *bouquet garni*, and a few whole scraped carrots. Add the chicken and boil until it is tender. Remove and place on a hot dish to keep warm. You will find that your liquid in the saucepan has been reduced during the boiling; now put it through a sieve, and reject whatever you have left in the sieve except the carrots.

Place 2 oz. butter in a small strong saucepan, melt over a low flame, and add a tablespoonful of flour. Stir it well and then pour in your sieved juice very slowly, stirring meanwhile. The flour must on no account form into lumps and the best way to prevent this is to mix well with your melted butter before you add the juice. Continue cooking very gently for a quarter of an hour, stirring often. The sauce should be fairly thick and all the juice should not be used unless required. Add two beaten yolks of eggs and thicken again, but do not boil. Season well.

Now joint your hot chicken, arrange it on a dish and cover it with the sauce. Decorate it with the carrots you have saved previously. E.V.

CHICKEN WITH WHITE SAUCE 2

Poulet à la Crème

1 *boiling fowl*, 2 *onions*, 1 *carrot*, 2 *cloves garlic*, *bouquet garni* (*page* 193), *white wine or stock*, 3 *egg yolks*, *milk*, *seasoning*

Place the chicken, cleaned and prepared, in a saucepan with the onions, carrot, garlic, and *bouquet garni*. The onions and carrots should be cut in slices. Add white wine or stock and water in equal parts to reach the top of the saucepan.

Boil until tender, remove the fowl, and allow the sauce to reduce by simmering, until a little remains. Remove the vegetables and pour off the sauce.

In another smaller saucepan pour the thickened sauce, adding three yolks of egg, some milk, and seasoning. Stir well until thick again.

Place the chicken on a hot dish and serve with the sauce poured over or separately, as liked.

The vegetables may be arranged round the chicken or used for soup.

La Rôtisserie Normande, Paris

CHICKEN COOKED IN WINE

Coq au Vin de Chinon

This recipe comes from M. R. Oasteau, Hôtel de France, La Charte-sur-le-Loir, Sarthe.

His 'jeune coq' is best translated in English as a capon of about 4 lb in weight. In addition, the recipe requires butter, lean bacon, small onions or shallots, garlic if liked, a glass of brandy and half a bottle of Chinon wine

Joint the young cock or capon. Brown the joints in butter in a saucepan, adding a few cubes of lean bacon and a few small onions or shallots. If liked, also a clove of garlic. Then, pour in a small glass of brandy and set it alight. Now add your half bottle of wine. Season the chicken and leave to cook gently with the lid on. Serve decorated with small squares of fried bread.

(Chinon wine comes from the town of that name in Touraine, but if it is not available, another wine from Touraine will serve you well. There are many light and delicious wines, best of all when drunk on their home ground, where the sunshine pours down like a golden wine itself.)

some cold minced chicken, béchamel sauce (page 185), 1 or 2 eggs, breadcrumbs, a little milk, salt and pepper

This *soufflé* will not sink in that disconcerting way since it has breadcrumbs in it.

Mix the cold minced chicken with a good *béchamel* sauce. Add the yolks of the eggs, beat the whites separately, very stiff. Stir a cup of breadcrumbs, soaked in a little milk, into the chicken mixture, then add the whites, folding them in gently. Season the whole.

Grease a *soufflé* dish and pour in the mixture. Cook in a hot oven not more than twenty minutes, until just firm, still creamy, and faintly brown.

FRICASSEE OF CHICKEN OR WHITE MEAT

Fricassée de Poulet de Bresse au Mercurey

1 chicken or about 2 lb veal, butter or cooking fat, a few small onions, bacon or pork fat, 2 tablespoons flour, wine or stock, tomato juice, bouquet garni (page 193), seasoning, mushrooms, fried bread or toast

If you are using chicken, have it ready jointed and cut up. If veal, cut in slices.

Melt the butter in a casserole, add a few small onions, a few small pieces of bacon or pork fat, and then the meat. All must be browned together. Add two tablespoonfuls of flour, mixed with a very little cold water, and brown again.

A cheap wine should now be added (Mercurey is very

suitable). Also about a pint of stock, preferably chicken or veal stock. If you do not add wine, you must add a little more stock. A few spoonfuls of tomato juice, a *bouquet garni* and seasoning complete the dish.

Simmer until tender. Remove the meat, set on a hot dish, and reduce the sauce by simmering until it is thick. Add a dash of paprika and pour sauce over the chicken or veal. Arrange the bacon fat and vegetables as a garnish, also a few mushrooms and a few pieces of fried bread or toast.

Léon Liéger, Restaurant Brillat-Savarin, l'Isle Adam

CABOUILLADE

This grand recipe is sent to us by Mme Moreau, one of the great *cuisinières* of France. It is intended for a dinner party and the amounts given are for ten people. A diffident young hostess might be wise to use only the chicken or the duck for her first try: she should serve this as a sample meal to her husband before embarking upon the entire menu for his guests. A most delightful method of sampling is, of course, to visit the restaurant in Le Cabouillet itself. This town is beautifully situated on the River Oise at l'Isle Adam.

In this recipe, the truffles may be omitted, but by no means leave out the brandy or the Marsala. These are essential.

1 chicken about 2½ lb, 1 duck, about 3 lb, 2 large truffles if available, 7 oz mushrooms, some fresh cream, 2 tablespoons of tomato purée, 1 wineglass brandy and 1 of Marsala, 2 shallots, 3 oz butter, 3 oz lard, salt and pepper (the pepper should be coarsely ground in a pepper mill)

Brown the duck and the chicken, whole, in the butter and lard

in a large saucepan. When the birds are a delicate golden brown on all sides, sprinkle them with the chopped shallots and allow these to brown also. Then stir in the tomato *purée* (which may be bought at any good grocer's shop). Season all to taste.

Poach the mushrooms gently until tender, then strain off the liquid and set it aside. Set the mushrooms aside also, and keep warm.

Now comes the moment when the brandy is added to the duck, chicken, etc, in the saucepan and set alight. As soon as the flame has died down, add the Marsala and the juice from the mushrooms. Allow the birds to simmer gently until tender. Then remove from the saucepan and keep hot, jointed into portions easy to serve.

When the birds are removed from the saucepan, allow the liquid, etc, left behind to simmer until reduced to two-thirds the original amount. When ready, skim off any surplus fat. Add the poached mushrooms, the truffles cut in slices, and stir in the cream.

Arrange the jointed poultry on a very hot dish—duck on one side, chicken on the other. Cover with the sauce. Sprinkle with parsley and serve very hot.

From Mme Léonie Moreau, Le Cabouillet, l'Isle Adam (Seine-et-Oise)

DUCK WITH OLIVES

Canard aux Olives

1 *duck, flour, bacon fat, butter,* 1 *pint boiling water or stock, salt and pepper, bouquet garni* (*page* 193), ½ *lb olives*

Brown the duck, jointed and floured, in bacon fat or butter

until golden, when remove. Stir into the fat sufficient flour to make a thick sauce and stir until all is brown. Add 1 pint boiling water or stock, salt and pepper, a *bouquet garni*. Replace the duck, which you have kept hot meanwhile, cover and cook until tender.

Soak the olives, stoned, in a little water, add to the duck and cook five minutes. Place the duck on a hot dish, pour the sauce round (after you have skimmed it well and thickened it still further if necessary) and arrange the olives round it.

DUCKLING WITH PEAS

Caneton aux Petits Pois

1 *duckling*, 4 *oz pork fat*, 15 *small onions*, *flour*, ½ *pint stock*, 1 *lb peas*, *bouquet garni* (*page* 193), *seasoning*

Have the duck jointed. First of all, melt the pork fat and brown in it the onions, cut in slices. Remove the onions and brown the duck joints, rolling them first in flour.

When brown, place duck and onions in a casserole, add ½ pint of stock, which should be so good that it jellies when cold, 1 lb fresh, frozen, or good tinned peas, a *bouquet garni*, and the seasoning.

Cook very slowly until tender, which will depend upon the age of the duck. Then arrange the joints in a hot dish and place the vegetables round it. Pour off the liquid in which the duck was cooked into a saucepan, boil until reduced and serve separately.

Hôtel Riva Bella, Le Touquet Paris-Plage

DUCKLING ROUENNAISE

Le Caneton à la Rouennaise

This dish ranks with the *sole normande* (page 63) as one of the most highly esteemed dishes of Normandy. It is famous throughout the world.

1 *young duck, cooking fat, salt and pepper, spices, shallots, brandy, red wine, butter*

The duckling must not be bled when it is killed. This is to preserve the blood.

When the duck is trussed, roast it for 12 minutes for every two pounds. Keep the liver aside. When tender, remove the flesh in long narrow strips, arrange on a long greased dish and season well with salt, pepper, and spices, and the shallots chopped fine. The strips of duckling should cover the whole dish except just round the edges.

Pour over the duckling a glass of brandy (Dorin uses *fine champagne*) and set alight. Keep the dish warm and devote yourself to the preparation of the sauce.

Pound the carcass from which the flesh has been stripped, adding the liver. Mix with red wine and butter, softened but not melted. The sauce should now be unctuous and should be slightly warmed and passed through a sieve. This must be done several times in order that no pieces of bone or other solid matter remain. M. Dorin recommends what he calls a '*chinois*' —a sieve shaped like a Chinese hat. Pour the sieved sauce over the duck.

Stand in the oven for a few minutes so that the sauce may just set, but do not actually cook it or disaster will result indeed!

M. Dorin recommends that the '*abatis*', that is the giblets, the head, neck, winglets, etc, should be grilled until a lovely

golden brown. He does this over a clear fire. Then he places them on the dish to give it a more interesting appearance. He points out that the improvement of the appearance of a dish is most important in cooking and should on no account be looked down upon as waste of time or dismissed without due attention.

The Rouennaise duck is served with fried potatoes.

Lucien Dorin, Hôtel de la Couronne, Rouen

STUFFED DUCK

Le Caneton Farci Morvandelle

The duck should be a duckling, as it is to be roasted. First of all, when the duck is ready dressed for the oven, make the stuffing. This may be made with some minced pork and the minced liver and heart of the duck, mixed with breadcrumbs first soaked in milk. The stuffing should be seasoned with salt, pepper and spice, and a little brandy.

Fill the duck with the stuffing. Tie some slices of fat bacon round the breast. Roast in a moderate oven. As soon as the duck starts to brown, pour over a glass of white wine (Pouilly for choice, according to Chef Albert Daulny of the Restaurant Le Champ de Mars, Paris).

Now lower the oven heat, cover the breast of the duck with buttered paper, and allow the duck to cook until it is tender. Joint the duck to make it easy to carve at table, but leave the stuffing in the centre. Surround the bird with chipolata sausages. Serve with carrots, turnips, potatoes and peas.

For this recipe we are indebted to M. Troquier of the Restaurant Le Champ de Mars, Avenue de la Motte-Picquet, Paris

STEWED PIGEON WITH PEAS

Pigeons aux Petits Pois

2 pigeons, bacon or pork fat, flour, warm water or stock, 1 lb peas, a few small onions, seasoning

Melt the bacon fat or pork fat in a casserole, halve the pigeons, roll in flour, and brown them in the fat. When golden brown, take out the pigeons, and make a *roux* with the fat and juice in the casserole. That is, take a little flour, do not mix with water, but place in the fat and stir until brown, but not burnt.

Then add half a glass of warm water or stock and replace the pigeons, together with a pound of peas, a few small white onions, and seasoning. Cover the casserole and cook in the oven until tender—probably about an hour or so.

GUINEA FOWL TERRASSE-FLEURIE

Pintadeau Farci aux Girolles Terrasse-Fleurie

This is the answer to those who think that guinea fowl is apt to be rather dry. M. René Duborgel of Terrasse-Fleurie, Haute-Savoie, is a most skilled and experienced chef. He is a graduate of l'École Hôtelière Suisse à Genève Vieux-Bois and he has also had the benefit of assisting his father who owns the restaurant La Terrasse Fleurie.

1 guinea fowl, seasoning, 6 thin slices of bacon, mushrooms, 2 tablespoons of cream, 1 wineglass of port, butter

Stuff a fat young guinea fowl with the following mixture: its own liver and 4 oz of any other liver available, chopped finely with seasoning, a little parsley or chives and a few mushrooms.

Blend this mixture with a knob of butter (be generous) and leave the whole to firm overnight.

Tie 6 thin rashers of bacon round the bird. Braise it in a deep saucepan in butter, turning it over as needed in order to brown it. When the bird is half cooked, add a few mushrooms and the wineglass of port. Cover the pan and cook slowly. When the bird is ready, add the cream and allow it to warm. Then, arrange the bird in a round dish, pour off the contents of the saucepan and serve separately in a warmed jug.

ROAST WOODCOCK OR OTHER GAME

Bécasse Flambée

woodcock or other game, fat bacon or pork, foie gras, butter, salt and pepper, lemon juice, fried bread, brandy

This is a wonderful way of cooking game which may otherwise be dry. You may not be able to afford all the ingredients, but this is how it should be cooked.

Tie slices of fat bacon or pork about ¼ inch thick all round the bird and roast it, slightly under-done. After roasting, mix the inside with a portion of *foie gras* and a little fresh butter to form a thick paste.[1] This paste should be well seasoned with salt, pepper, and lemon juice, and half of it spread on a large slice of fried bread. If you have no *foie gras*, use the *purée* of *foie gras* which can be bought at *delicatessen* shops quite cheaply. Keep the fried bread warm in the oven.

Place the bird in a bowl, pour some brandy over and set it alight. Remove the bird, joint it and place it on the serving dish on the fried bread. Keep warm. The brandy left in the bowl

[1] This paste may be bought ready in tins. If this is used, the butter may be omitted.

should be placed in a small saucepan with a little port wine and simmered until it is reduced. Add to this the paste you have set aside until the sauce is really rich and thick, when it should be poured over the bird and thoroughly impregnate it.

M. Dorin warns you that this dish takes 15 minutes to prepare after the bird has been roasted.

Lucien Dorin, Hôtel de la Couronne, Rouen

JUGGED HARE OR RABBIT

Civet de Lièvre

If you have no hare, use a rabbit. Red wine should be used for this dish.

1 *hare or rabbit, skinned and jointed, oil and vinegar,* 1 *chopped onion, garlic, salt and pepper, bouquet garni* (*page* 193), *butter or other fat, fat bacon or pork, flour, red wine*

Soak the joints of hare or rabbit in a mixture of oil and vinegar, half of each, for 24 hours. Set the liver on one side.

Add to the oil and vinegar 1 chopped onion, a little garlic, salt, pepper and a *bouquet garni*. The liquid need not entirely cover the hare, but you must turn the joints round so that all of them are well soaked.

Place a piece of butter or other fat and a tablespoonful of oil in a saucepan, add the pieces of hare with the fat bacon or pork cut in pieces. Brown slowly for 20 minutes, then sprinkle well with flour, using about a tablespoonful. Cook for another 20 minutes and then dilute with a tumbler of red wine. Season to taste.

Cook until tender with the lid on, then remove the hare and place on a hot dish. Keep warm.

Take the liquid left in the saucepan and the oil and vinegar you have used for the *marinade*, and strain it. Chop the hare's liver and place it in a saucepan with the strained liquid. Warm on a slow fire and stir until reduced and thickened, but do not boil. Strain again and pour over the joints. Arrange on a dish and serve very hot.

RABBIT CIVET DAME JANE

Les Filets de Garenne Marmoutier

For this dish, you need one good sized rabbit, which must be jointed.

Place a tablespoon of oil in a fireproof casserole or large saucepan and when the oil is hot, add 3 oz butter, 1 chopped onion, a clove of garlic, ¼ lb bacon cut in cubes. Now add the joints of rabbit and allow them to cook until a golden brown. Turn them round as needed to brown all over.

As soon as the rabbit is ready, remove the joints from the fire and pour into the casserole a very small glass of brandy. Set this alight. Replace the rabbit. Stir in 4 oz of flour and add a glass of red wine. Season to taste with salt, pepper, thyme, bayleaf, rosemary and a little nutmeg. Simmer 2 hours. Serve very hot.

M. Émile Sabatier writes, 'it is essential to the success of this dish to pour in a glass of rabbit's blood as well as red wine.' We leave this to you.

This recipe for rabbit comes from Chez Dame Jane, situated in Lyons on the road from Paris to the Riviera. This situation

means that a great many tourists stop at Chez Dame Jane where the food is excellent. Émile Sabatier is the proprietor and he claims to keep his dishes simple and reasonable in price though of a high standard.

RABBIT MARMOUTIER

Civet de Lapin

1 *wild rabbit, marinade* (*page* 195), *wine or vinegar, bacon or pork fat, fried bread.* FOR STOCK: *veal bones, salt and pepper, onions, bouquet garni* (*page* 193)

A wild rabbit is usually cooked for this dish. The rabbit should be boned and soaked for 24 hours in a *marinade* (page 195). The vinegar may be replaced by white wine, Vouvray being used in Touraine. When the rabbit has soaked, drain and gently sponge the fillets, roll round each one strips of bacon or pork fat, and then braise them. A little of the *marinade* should be used for the braising, and a little white wine and veal or other white stock used.

To make the stock, boil veal bones with salt, pepper, onions and a bouquet of herbs for several hours.

Leave to simmer half an hour or until tender, and serve on a large slice of fried bread, over which you have poured the remainder of the liquid in the saucepan, thickened if liked.

M. Tabaye, chef, Hôtel des Négociants, Tours

RABBIT COOKED AS IN TOURAINE

Filets de Lapereaux au Vouvray

1 *young rabbit, fat bacon, cooking fat, flour, mushrooms*
FOR MARINADE: *olive or salad oil, white wine or vinegar, bouquet garni, salt and pepper, carrots, onions, garlic, shallot*

The young rabbit should be jointed and filleted, and then soaked for 24 hours in a *marinade*. This *marinade* should be composed of salad oil, white wine (instead of the usual vinegar, but you must use vinegar if you have no wine handy), salt, pepper, chopped carrots, onions, a dash of garlic or chopped shallots, and a *bouquet garni*.

Cut the fat bacon in slices (it should be smoked bacon) and brown them in fat. Drain your fillets of rabbit, and roll them in flour, then brown also in the bacon fat remaining in the pan. Add a little of your *marinade*, and when the rabbit is tender, serve with the slices of bacon fat and with mushrooms into each of which a little garlic or onion has been introduced.

In Touraine, from which this recipe comes, the wine used in the *marinade* is Vouvray.

M. Tivoireau, chef, Hôtel de L'Univers, Tours

POOR MAN'S RABBIT

1 *rabbit, jointed*, 3 *large whole onions*, 2 *large green or red peppers cut in half*, 4 *tomatoes*, 1 *tablespoonful of lard, salt and pepper*

Put all the ingredients, without any water, in a covered saucepan and cook on a low fire until the meat is tender.

The same recipe may be used for beef, for example silverside.

E.V.

SPANISH 'ARROW' RICE DISH

Paella

1 chicken and/or rabbit, butter, onion, garlic, tomatoes, bouquet garni (page 193), white wine or vinegar, stock, seasoning, haricot beans, French beans, leeks, ½ lb rice, macaroni or other cereal, a few mussels[1]

Have the chicken and the rabbit jointed (use both if you have a number of people, either if you are only a few). Brown the joints in melted butter, add chopped onion, a taste of garlic, some fresh tomatoes cut in half and peeled by placing in boiling water and skinning, and a *bouquet garni*. Add a wine glass of white wine or vinegar and one of clear stock. Season well. Then add some soaked haricot beans, some French beans cut in slices, and some leeks, well washed and cut in small pieces. Cook quickly for half an hour, then add ½ lb Carolina rice and a few mussels. Cook again for ½ hour slowly or until tender (it depends upon the age of the chicken). Serve in the casserole.

Carolina rice is polished rice, usually employed for sweets. It should never be used for curry as it tends to become sticky and pasty.

Maurice Bonfils, Restaurant Castanet, Nîmes

[1] Mussels may be bought ready cooked in tins.

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BEEF HUGUENOTTE

Bœuf à la Huguenotte

2 lb beef, 1 egg for each person, seasoning, butter or cooking fat

The beef should be cut in small pieces and placed in some butter or cooking fat, very little, melted in a casserole. Add no water to start with, but close the saucepan hermetically after you have seasoned well. In about two and a half hours, open your saucepan and if necessary add a little water, continue cooking the same time again. Beat up an egg for each person, mix with the beef juice, set on the stove a minute or two and serve very hot.

This dish should be cooked very gently and a kitchen range is ideal for it. If not, a slow oven while you are cooking other dishes requiring a very gentle heat.

Hermetical cooking is called *cuire à l'étouffée*. (A good way, if you have no suitable saucepan, is to paste brown paper round the edges to seal.)

Maurice Bonfils, Restaurant Castanet, Nîmes

BEEF COOKED IN THE ITALIAN WAY

Bœuf à l'Italienne

about 3 lb topside of beef, a little butter or fat, 6 onions, 1 lb tomatoes, 1 glass claret if liked, ½ lb spaghetti or macaroni, grated cheese, carrots if liked

Melt some butter or fat in a deep casserole or saucepan and add the beef to it. Brown on both sides. Cut the onions in thin slices, and add to the beef. Skin the tomatoes by placing them in boiling water, and add these.

Cook very gently for three hours, either on an asbestos mat with the lid sealed by placing a piece of greased paper under the lid and ramming it over, or in the oven. Add no water or stock, but a glass of claret may be added if liked.

When tender, serve with the following:

Throw ½ lb spaghetti or macaroni into salted boiling water and boil briskly until tender. Drain well, stir in some melted butter and brown under the grill for a minute or two. Sprinkle with grated cheese.

This makes an excellent main dish for Sunday as it will look after itself. The topside is excellent eaten cold. It may equally well be cooked with onions and carrots.

Auberge Dauphinoise, St-Hautil

FILLET OF BEEF JEAN BRETON

Filet de Boeuf au Poivre Jean Breton

Allow sufficient fillet of beef for two persons, according to appetite and pocket!

Now mix together 1 teaspoon of black pepper, 1 oz of chopped parsley, 1 oz of chopped shallots cooked in butter, and half a teaspoon of French mustard. Brown this mixture in butter. Keep hot.

Salt the fillets and cook them in a frying pan in butter. Do not overcook. When ready, spread the dressing you have been keeping hot over the fillets. Replace the meat carefully, still in the frying pan, on to a low heat for a few minutes to make sure all is piping hot. Serve instantly with *soufflé* potatoes.

We are indebted to M. Breton, of À l'Escargot, Rue du Temple, Auxerre (Yonne), for this recipe

STEAK JACQUES-CŒUR

This steak is named after M. Robert Renaud's Restaurant at Bourges.

Allow 1 tender steak, cut 1 inch thick, to each diner. Cut each in half. Season with salt and pepper. Now cook the steaks gently with butter in a frying pan. Remove when cooked and keep warm.

Now make the sauce. Add to the butter in the pan, the following: a pinch of chopped shallot, a spoonful of mustard, seasoning (salt and pepper), half a glass of dry white wine. Add a little more fresh butter and pour the sauce over the steaks.

Sprinkle with a little chopped parsley and serve on hot plates.

M. Robert Renaud, Restaurant Jacques-Cœur, Bourges (Cher).

TOURNEDOS DIPLOMATE

This has been translated as 'Diplomatic Stakes'. 'Tender Steaks' is more accurate to the point!

Choose fillet steaks of about 4 to 5 oz each. As to how many you allow to each diner, that must be your decision Allow a slice of white bread for each tournedos. Make a rich gravy. In addition, you will require a glass of Madeira or port, an 'egg' of butter, salt and pepper

Have your grill really hot. M. Sicart, who sends this recipe from Le Chapon Fin, Bordeaux, uses a charcoal grill; if you have an infra-red grill, this is also excellent.

First of all, make the gravy and add to it the glass of Madeira. Keep this hot. Now grill the tournedos on both sides.

By no means overcook them: they should still be juicy and pink in the centre. Fry the slices of white bread in butter and keep hot.

Now check the seasoning of your gravy and add salt and pepper as required. Then add the egg of butter to the gravy and warm it through, but do not allow it to boil. Pour the gravy over the tournedos, laid each on its slice of fried bread, and serve.

RUMP STEAK PROVENÇAL

Daube Provençale

This recipe comes from Nîmes—*'la Rome Française'*—which many of our readers may have visited. The restaurant of M. Paul Bourget is opposite the Arena.

2 lb of rump steak, 1 pig's rind, 1 carrot, 4 onions, 2 tomatoes, 4 oz of bacon, 4 oz of black olives if liked

First of all, make the marinade. For this, you use what your taste and your purse dictate; a glass of dry white wine; 2 tablespoons of olive oil; 1 tablespoon of brandy; herbs to taste (see *bouquet garni*); if liked, 2 cloves of garlic; 1 tablespoon of chopped parsley; and pepper.

Now cut the rumpsteak into 2-inch cubes. Mix with the bacon cut into small pieces, add to the marinade and leave all to soak for a few hours.

Place the pig's rind at the bottom of a large saucepan. You can obtain a pig's rind from your butcher. Put the steak on the rind. Then add the carrots and onions sliced, the tomatoes skinned and sliced and the bacon cut in pieces. Last of all, add the olives. Then pour the marinade, including the *bouquet garni*,

over the lot, add salt and a little pepper. Cover the saucepan and cook slowly for about two hours.

Paul Bourget, Hôtel de l'Univers, Nîmes

MINUTE STEAK

Entrecôte Minute

6 thin slices rump or fillet steak, seasoning, oil or butter, onion, spinach, sauté potatoes

This is steak which takes a minute to cook, not—as a waitress described it—a very small steak!

The cutting of the steak is the important part and you should superintend it at the butcher's. Each slice should be about 6 inches long at least, and as thin as possible—about the thickness of toast bread. It must be a tender steak.

Season the steak and rub with a cut onion on both sides. Get your pan very hot—it should be a thick aluminium frying pan—and grease it well with oil or butter. The pan must be extremely hot. Throw in 2 or 3 slices of steak, cook a minute, turn over and brown. Keep very hot while you cook the remaining slices. Serve with onions, spinach, sieved and arranged in a mound, and *sauté* potatoes. A meal for the gods.

FILLET STEAK MISTINGUETT

Tournedos Mistinguett

(named after the well known French *artiste*)

1 or 2 slices fillet steak for each person, carrots, onions lean ham, 1 glass wine, chopped parsley, butter, pâté de foie

Have the fillet steak cut in slices about 4 inches square and trimmed round. The steak should be thick. Peel and slice a few carrots and onions, and chop them well. Mix them with a little lean ham and cook until tender in fat on a slow fire. Add a glass of wine or stock (champagne should also be added, but never mind), and some chopped parsley. Thicken the sauce with butter and some liver paste (page 122).

Season the tournedos and cook quickly in very hot butter.

Arrange on a hot dish with the sauce over them. Alternatively, the sauce may be thicker and spread on fried bread, with each tournedos on its own slice.

Restaurant du Faisan Gris, Calais

SHOULDER OF MUTTON BOULANGÈRE

Epaule à la Boulangère

about 3 lb boned shoulder of mutton, sausage meat or forcemeat stuffing, dripping or lard, 2 lb potatoes, 4 onions, chopped parsley

This is a delicious dish for dinner, unusual and tasty.

Have the bone removed, but set aside for making stock.

Stuff where the bone was with sausage meat or forcemeat stuffing, tie the whole round with string, and brown in lard.

Roast until half cooked in the oven, or in a saucepan on a gentle fire. Then remove, and surround with 2 lb potatoes cut in slices, and 4 onions cut in slices and browned in fat. Arrange all these together with the meat in a large dish, place some dripping over and roast gently, basting well.

Serve the vegetables separately and sprinkle with chopped parsley.

Hôtel Riva Bella, Le Touquet Paris-Plage

HARICOT MUTTON

Cassoulet

½ lb small haricot beans, ½ lb neck of mutton, ½ lb pork, duck or goose, 1 tablespoon flour, bouquet garni (page 193)

Soak the beans in cold salted water overnight (use double the amount of beans if you wish to economize and make a larger dish). Then cook them until tender, and save the water.

Cut the meat in small pieces and brown in fat in a casserole, for ¼ hour. Remove the meat but leave the fat. Brown in this fat 3 sliced onions and thicken with a tablespoonful of flour mixed first with a little cold water in a cup.

Put back the meat when the sauce is thick, add the beans and the water in which they were cooked. Season well and add a *bouquet garni*. More water or stock may be added to cover the whole if not enough.

Cook in the oven if possible: if not, on a low flame on an asbestos mat. It should take 3 hours.

Pieces of sausage may take the place of the pork. E.V.

A VERY SPECIAL HARICOT MUTTON

Cassoulet de la Cité

This is a classical dish from Carcassonne which you should make at least once in a lifetime!

1 lb haricot beans, 1 whole onion, 1 clove, 1 carrot, bouquet garni (page 193), 1 stick celery, seasoning, dripping or goose fat, a little lean bacon, a little breakfast sausage, 6 oz pork, 5 oz neck of mutton, 3 oz chopped onion, garlic if liked, breadcrumbs

Soak the beans overnight in cold water. Boil the beans for half an hour, then transfer to another saucepan of boiling water with the whole onion with a clove stuck into it, the carrot, the *bouquet garni*, the celery. Boil, skim and season, bearing in mind that there are still other ingredients to be added and that these are rather salty. Then add the goose fat or dripping, and simmer slowly in the saucepan with the lid on for another hour. Then add the bacon and the sausage and simmer again.

Meanwhile, season the pork (which should have the crackling chined) and roast. Cut the neck of mutton as for an Irish stew, brown in dripping, add the chopped onions, and fry all together, stirring until the onions are golden. Add garlic if liked. Then pour a little of the juice from the haricot bean saucepan over the whole and simmer until tender.

When the beans are tender, but still whole, add the gravy from the mutton through a strainer, reduced and thickened if necessary, simmer for a few minutes and season if needed.

At the bottom of a casserole, place the bacon and the pork, then beans, then the mutton, then beans, sausage, beans and so on. Beans should come last. Sprinkle the top with breadcrumbs or powdered toast, pour some dripping on top, and place in a slow oven for an hour, moistening from time to time with the sauce from the haricot beans.

Hôtel de la Cité, Carcassonne

WHAT TO DO WITH A COLD LEG OF MUTTON

If you have a cold leg or shoulder of mutton looking at you wanly from the larder and you feel you must do something about it, this is the way to treat it.

Cut the meat into fairly thick slices, brown them slightly in melted butter, and add finely chopped shallots and a sprinkling of parsley. Set the saucepan on a moderate flame, cook gently for five minutes, and then add a sprinkling of flour—about a dessertspoonful. Stir in the flour well and mix it with the meat, then add a wine glass of water and a wine glass of sherry or stock. Add salt and pepper and cook slowly for an hour. Ten minutes before serving, add a tablespoonful of salad oil.

Re-heat the meat very slowly or it will harden.

KIDNEYS COOKED WITH WINE OR STOCK

2 kidneys per person, cooking fat, a few button mushrooms, salt and pepper, flour, ½ glass madeira or sherry, ½ glass white wine or vinegar, stock, a little butter, chopped parsley, tarragon, chervil

Slice the kidneys and *sauté* them in fat or butter, if possible with a few button mushrooms.

When half cooked on a brisk fire, add salt and pepper and cook until a golden brown. Add a little flour to thicken, add the wine or stock, a small piece of butter, some chopped parsley, tarragon, chervil, etc. Mix well and serve *very hot.*

M. Jean Merceron, chef, Restaurant du Pont de Cisse, Vouvray

SAUTÉ KIDNEYS

Rognons Sautés

1 kidney or more for each person, flour, salt and pepper, butter or fat, white wine or stock, lemon juice

Cut the kidneys in two, roll in flour and season with salt and pepper. Fry them in the butter or other fat, drain, and thin the contents of the frying pan with white wine (it should be champagne) or some good stock, which should be half jellied. Add a little fresh butter and a dash of lemon juice and stir in. Pour over the kidneys.

La Rôtisserie Normande, Paris

BLANQUETTE DE VEAU

The English eat much less veal now than they once did, which is a great pity, for veal is always tender and it can be cooked in a number of simple ways. Nowadays, one has to go to France to eat veal. This is due largely to the fact that it does not pay the English farmer to rear veal calves, which must be fed mainly on milk. Only public demand can set this right. Meanwhile, the English lose some excellent dishes. One is Blanquette de Veau—cooked as described by M. Emile Sabatier, proprietor of Chez Dame Jane, Lyons.

First prepare a *court-bouillon* thus: put 1 pint of water in a saucepan, which should not be more than half full. Into the water, put an onion, 1 clove of garlic if liked, a wineglass of vinegar, 1 bay leaf and a sprig of thyme. Add salt and pepper to taste. Bring to the boil.

Put in 2 lb of breast of veal cut into cubes (large). Cook 20 minutes.

Now remove the large cubes of veal and drain them, leaving the liquor in the saucepan. In a second saucepan, melt $\frac{1}{3}$ of a pound of butter and brown the veal therein. Gradually stir in 4 oz flour when the meat is gently browned. Strain the *bouillon* in the first saucepan into the saucepan with the veal and add a good slice of lemon.

Thirty minutes or so prior to serving, stir in the yolks of two eggs mixed in white vinegar. On no account must the liquid boil now that the yolks have been added or the sauce will 'turn' and the dish be ruined.

Serve the veal in a dish with a hollow and pour the sauce round and over it.

M. Emile Sabatier, Chez Dame Jane, Cours Gambetta, Lyons

VEAL KIDNEYS WITH PORT

Rognons Flambés au Porto

2 fresh kidneys, 3 oz butter, salt and pepper, flour,
1 glass port or port type wine, fried bread,
chopped parsley

The restaurant of Mademoiselle Marie Fanton is close to the Malmaison, a favourite retreat of Napoleon and still rich in memories of the great Emperor. After a fine summer morning spent at Malmaison, the weary sightseer is wise to be regaled by Mlle Fanton, who is one of the forty members of the Académie des Grands Cordons Bleus de France and who, more important still, does all the cooking herself. Here is a simple but admirable dish:

Cut the kidneys (veal ones if possible) into thin slices, about one-eighth of an inch. Melt the butter in a casserole and throw in the kidneys, add salt and pepper.

Cover the casserole for a few minutes, then sprinkle the kidneys with a very little flour, thin with a glass of port, and stir with a spatula or wooden spoon so as to move the kidneys about continually in order to prevent their getting tough. Check the seasoning, cover, and remove from the fire. Serve in a very hot dish, surround the kidneys with small pieces of fried bread, sprinkle with chopped parsley and serve very hot.

This dish is excellent provided the kidneys are moved about and cooked quickly, otherwise they will not be tender.

Restaurant Marie Fanton, Malmaison

CALF'S TONGUE WITH OLIVES

Langue de Veau aux Olives

1 *calf's tongue, salt, oil or butter, sliced tomatoes, sliced onions, a few stoned olives,* 1 *or* 2 *shallots, bouquet garni* (*page* 193)
1 *dessertspoon flour*

Boil the tongue, starting it in cold water, well salted, bringing it up to the boil, and then boil for a quarter of an hour.

Remove it from the saucepan, set it on a board, and while still hot, remove the skin. If you leave this operation until the tongue is cold, you will find it very difficult.

Melt some oil or butter in a casserole, add the tongue and brown on each side. Lift up the tongue and place beneath it some sliced tomatoes, sliced onions, a few stoned olives, a shallot or two, and season well. Add a *bouquet garni.*

Now add a breakfastcupful water in which a dessertspoonful of flour has been carefully mixed. (Start with a little water and add more, or it will be lumpy.) Cook the whole slowly for two hours. E.V.

COOPER'S STEW

La Matelote des Tonneliers

This dish is eaten in Touraine, famed for its cooking, as a traditional dish during the time that the grapes are gathered for the famous Touraine wines. Its flavour, says the sender, gladdens the hearts of wine growers and coopers gathered round a large table in the open air after the day's work. It is accompanied by 'joyful libations of red wine, for it tolerates no other drink'.

3 lb shoulder of veal, ¼ lb onions, ¼ lb carrots, bouquet garni (page 193), red wine or stock, roux brun, seasoning, slices of fried bread

Peel the onions and the carrots and cut the latter in small cubes, the former in slices. Place them with the *bouquet garni* in a casserole, cover with a little red wine (you must use stock if you have no wine) and season. Cook until tender and the wine or stock is absorbed.

Cut the meat in small cubes and place in another casserole. Prepare a *roux brun* as follows:

Place some fat in a frying pan and brown, add a little flour and fry until brown. Thin down with wine or stock. Pour this sauce over the carrots and the onions, and place over the meat in the casserole. Season well and cook for 1½ hours. Arrange on a large flat dish with thin slices of bread fried golden.

Alice Brailly, Auberge du Mail, Amboise

VEAL CUTLET WITH GRAVY

Côte de Veau au Jus

For 8 people:

2 lb veal, veal bones, cooking fat, seasoning

Simmer the bones for some hours and when the juice is well flavoured, strain off. Add only seasoning.

Melt your cooking fat, cut the veal in slices about the size of the palm of your hand, and place in the hot fat. Brown slightly on both sides, then lower the heat and cook slowly.

Drain, and serve with the juice from the bones in a sauce-boat.

Restaurant du Faisan Gris, Calais

VEAL CUTLET POJARSKI

Côte de Veau Pojarski

2 lb veal cutlet, ½ lb butter, 4 oz breadcrumbs, a little milk, seasoning

Cut away the flesh from the centre bone, and keep the bone. Mince the flesh, then melt the butter and mix with it. Soak the breadcrumbs in milk (a very little, just to moisten them) and add to the meat and butter. Season well.

Take the bone and mould the minced meat round it, giving it the shape of a large cutlet. Set in a fireproof dish in the oven, put pieces of butter over it, and cook gently. It requires no water, simply a greased dish, as the high proportion of butter in it keeps it moist. If you prefer, fry the cutlet, but you must turn it very carefully.

Hôtel Riva Bella, Le Touquet Paris-Plage

LOIN OF VEAL ST GEORGE

Longe de Veau à la Saint Georges

about 3 lb boned loin of veal, veal kidneys, boiled pork or bacon, salt, white wine, thyme, bayleaf, minced ham or meat, onions, shallots, vegetables

The loin should be boned; in place of the bones, introduce slices of the veal kidneys and of boiled pork or bacon. This pork is usually boiled in salted water with thyme, bayleaf, onion and shallot. Bind the veal with string so that the stuffing is held firmly.

Now braise in white wine (Vouvray is used in Touraine) or in stock for 3 hours, cooking very gently. Leave it to get cold. When quite cold, arrange it on a bed of minced ham or other minced meat and decorate the whole with mixed vegetables as available, each cooked separately, cut in dice and stirred into the sauce on the fire after the veal has been braised. The vegetables must then be left to cool. Serve cold.

M. Alexandre Clérici, chef, Restaurant Lyonnais, Tours

VEAL SERVED WITH MUSHROOMS

Côte de Veau aux Champignons

This is a party dish, and excellent. Cut the veal into suitable helpings, the size of which depends upon the rest of the meal. Place in a shallow pan or casserole on a low heat or in a cool oven. Cook it very slowly, adding to it butter to taste, salt and pepper, with a dash of olive oil if liked. When nearly cooked, add white wine to flavour and small peeled mushrooms. When the mushrooms are tender, add cream or milk to cover the

veal. Allow the dish to cook gently until the liquid is reduced and the sauce has thickened. Taste it carefully and add more seasoning if desired. Serve with sliced lemon or squeeze lemon juice over the veal.

This is a recipe from Mme Garzon of Hôtel Touring at Lus-la-Croix-Haute, a winter sports centre in the province of Drôme

TRIPE COOKED AS IN CAEN

Tripe à la mode de Caen

There are two versions of this dish. This is the first way:

carrots, onions, bouquet garni (*page* 193), *cloves, peppercorns, salt, 2 lb tripe in thick slices, pig's trotters if liked*

Cover the bottom of an earthenware casserole with sliced carrots, onions and a *bouquet garni* (thyme and bay leaf), add a few cloves, peppercorns, and some salt.

On this layer place the tripe, then a layer of pig's trotters, and next a layer of vegetables. The pig's trotters can be omitted if not liked. The carrots should top the dish which should then be filled up with water. Seal it hermetically by fixing a sheet of greased paper under the lid and ramming the lid on tightly. Cook for 7 to 8 hours. When you take the cover off, pour out the liquid into a saucepan and let it simmer until reduced and thick. Pour it back over the tripe, etc.

There is an interesting note to this recipe. M. Dorin, who gives it, says he likes the dish kept hot in the kitchen and his plate returned for small helpings as he eats it. He prefers this to a spirit or charcoal stove on the table, because of the fumes. The importance of hot food cannot be too strongly emphasized.

TRIPE AS COOKED IN ROUEN

Prepare the casserole as before, but add no water, or only a small quantity. Instead, add butter or lard, cover the top layer with a large cabbage leaf, washed, and close hermetically. Place a piece of greased paper between the casserole and its lid, this will keep the steam in. Cook in a very slow oven (a bread or bake oven if you have one, says M. Dorin) for 10 to 12 hours, and keep it very hot until you serve it.

The plates must be really warm before you serve the food. The sauce will be found thick and well-flavoured: there is no need to reduce it.

M. Lucien Dorin, Hôtel de la Couronne, Rouen

GALANTINES

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GALANTINE BABETTE

2 lb pork or 1 rabbit, ½ lb pie veal, 1 onion, garlic, salt and pepper, white wine or stock, flour, cloves, brown breadcrumbs

Mince the pork or rabbit and the veal finely. Mix well together in a large basin. Take a large onion and chop it, add a little garlic (if liked), salt and a sprinkling of pepper. Mix all together now with a wooden spoon.

When well mixed, place in a saucepan on a gentle flame and gradually add enough wine or stock to make a fairly thick paste. The stock should be from white bones.

Rich people add also a few slices of truffles, says the chef.

When the mixture is in a paste, roll into the shape of a very big sausage. Wash the hands, flour them well, place the mixture on a well-floured board and mould into shape. Place the sausage into a floured cloth or a big skin or bladder bought at the butcher's; this must be tied down firmly.

Fill a large saucepan with cold water, place your sausage in and bring to the boil, simmering gently and skimming off the fat and grease from time to time. Add a good lump of salt, some pepper, an onion stuck with cloves and boil for three hours. Remove the galantine and serve cold, rolled in browned breadcrumbs while hot.

Keep the broth, skimmed well, and thickened with sago or seed tapioca. Serve as soup with fried bread (or toast).

GALANTINE OF BEEF

Pâté de Bœuf

2 lb beef (top side or rump steak), ¼ lb fat pork or bacon, 2 eggs, seasoning, lard

This is a galantine which is excellent for eating cold with a salad. It may be served the first time hot with a tomato sauce (pages 187 and 188). Other galantines may be made in a similar way with veal, chicken, pork, or rabbit—the latter taken off the bone. If you wish to keep it a little while, cook it in the casserole and run melted lard all over the top to seal it.

Mince the beef and the bacon fat finely. Mix together. Break the eggs, and mix with the meat. This should form a thick paste. Grease a mould with lard and fill with the mixture. Place in a tin or large saucepan and steam or cook in the oven for two hours.

These galantines can be pressed and are then easier to cut and more compact. Set a tin or plate the size of the mould on top of it and a large flat-iron on top of that and leave all night.

LIVER PÂTÉ

Terrine aux Foies de Volailles

2 lb liver, 2 onions, bayleaf, port wine or stock, milk, lard

This should be made with goose liver, but calf's liver will do. Brown the livers in fat, gently, without toughening. Mince them. Add chopped cooked onion and a little bayleaf, cooked with the onions. Mix the onions and the liver, thin down with a little port wine or stock, and stir in a little milk. Flavour well. Tie down in small earthenware pots, cook in the oven standing

in a pan of water, run over melted lard and keep cool until used, for sandwiches, or for spreading on fried bread and serving with meat.

Chez Ottoni, Chenonceaux
This restaurant at Chenonceaux, one of the most charming villages of Touraine, has many famous patrons

GALANTINE OF RABBIT

Rillette de Lapin

1 *rabbit, flour,* ¾ *lb or less pork and pork fat,* ½ *pint water, seasoning,* 1 *egg if necessary, onion, bouquet garni* (*page* 193)

Joint the rabbit, soak overnight in cold salted water, dry and roll in the flour. Add the pork and pork fat cut in small pieces, the water and seasoning. Stew gently in a casserole until tender, with the chopped onion and *bouquet garni*, in ½ pint water, for at least 3 hours. Drain, take the flesh off the bone and mince. Mix well together; the fat should make the mixture bind well, but if not, add a beaten egg, and more seasoning if necessary. Pack the mince into an earthenware dish, run some melted lard over the top, and press until cold.

This dish must be cooked very slowly. Excellent for sandwiches or eaten with salad.

Hôtel Feuillaubois, Châteauneuf-sur-Loire

GALANTINE FROM TARASCON

Terrine de Pâté Maison

minced meat such as veal, pork, lamb, rabbit, pork fat, liver, onion, parsley, salt and pepper, 1 *egg yolk, breadcrumbs, milk*

Mince the meat (preferably equal portions of pork and veal) not too finely, with a little pork fat and a chicken's or pig's liver to give it flavour. Add some chopped onion and parsley, season well, and mix and knead hard. Then add the yolk of an egg to bind it, also some breadcrumbs previously soaked in a little hot milk. Mix well again, and put in an earthenware mould. Cover and place in a saucepan containing water, or place in a tin of water in the oven until cooked. Serve when cooked in the terrine, or casserole, cold and pressed. Delicious for sandwiches.

Hôtel du Louvre et de la Poste, Tarascon-sur-Rhône

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CAULIFLOWER À LA VILLEROI

Chou-fleur à la Villeroi

1 cauliflower, salt, béchamel sauce (page 185), pepper, grated cheese, frying batter (page 193), cooking fat, cayenne

Break the cauliflower, when you have washed it, into small sprays. Put them into boiling salted water and boil until cooked but still firm.

Make a *béchamel* sauce (page 185), but much thicker than usual. Do this by adding less milk, but make sure that the sauce is well cooked and stirred so that the flour is cooked. Flavour it with salt and pepper and a little grated cheese.

Dip each spray of cauliflower into the sauce and leave it to dry so that the sauce entirely covers it. Then dip each spray into frying batter and fry in hot fat. Sprinkle with salt and pepper or cayenne and drain well.

This is a good supper dish served with French or Vienna bread.

CHEESE MARIQUETTES

Fondants au Fromage Mariquette

1 oz butter or fat, 2 oz flour, 1 pint milk, grated cheese, 2 or 3 eggs, a little cream or tinned milk, salt and pepper, nutmeg, breadcrumbs, cooking fat

Melt the butter, add the flour and stir continuously. Boil the milk and pour over the butter and flour and stir until thick. Grate the cheese and add, beat the eggs and add, and lastly the cream or tinned milk, salt, pepper and a dash of nutmeg.

Pour the mixture into a buttered fireproof dish. When it is cool, it should be firm and set and should be turned out on to a slab of marble or a tin sprinkled with grated cheese. Cut out lozenge-shaped pieces, brush with a beaten egg, and sprinkle with breadcrumbs. Fry in hot fat. Serve on a napkin.

This dish is very rich and will make enough for a large number of people.

If you prefer, add some cayenne pepper to the cheese and egg mixture, and instead of coating with egg and breadcrumbs (in French '*paner*') place on a dish and sprinkle with grated cheese and brown in the oven.

Henri Creysson, Chez Henry, Orange

CHEESE SOUFFLÉ

Soufflé au Fromage

a good piece of butter, 1 tablespoon flour, boiling water, ¼ lb grated cheese, seasoning, 2 eggs

However scared you are of *soufflés*, you will find this one a success if you take reasonable care.

Melt the butter in a large saucepan and, when melted, stir in the flour. Boil some water and add about a third of a pint, just as you would for *béchamel* sauce, except that it is water, not milk. Stir well while it boils and thickens. Remove from the centre of the fire to the side, stir in the grated cheese (cheddar will do). Season well. Now take the pan on to the table, and break the eggs, the whites into a bowl, the yolks one by one into the saucepan. Stir all as each egg goes in. Last of all, whip the whites until they are so stiff you can turn the bowl upside down. Turn them into the saucepan, stirring as little as possible

but folding rather. Butter or grease a white *soufflé* dish, and pour in the mixture. Your oven must be hot. Cook the *soufflé* for about twenty minutes until it has risen, is golden brown and just firm. When served, there should be just a little liquid in the heart of the *soufflé*.

BLACK LENTILS OF AUVERGNE

Lentilles d'Auvergne

The lentils of Auvergne are very small and black and are grown in abundance in that province. In England, black lentils may be bought in most French or Italian shops in Soho and elsewhere, larger than those of Auvergne, but also excellent. 'Black lentils' are brown before cooking, when they turn black.

Allow ½ *lb of lentils for* 4 *people, together with* 1 *onion,* 1 *oz of butter and a sprig of thyme*

Wash the lentils and put them into a saucepan with just enough cold water to cover them. Slice the onion finely and add. Then add the butter, the thyme, and season with salt and pepper to taste. Cover the saucepan and boil gently. Stir now and again to prevent sticking. If more water is required to keep the lentils covered, add *hot* water.

When cooked, the lentils should be soft and tender, but still whole.

In France this very excellent dish is served by itself after a fish or meat course. The lentils should be accompanied by some crisp toast or crusty bread.

Yellow lentils are not suitable for this dish as they form a *purée* when cooked—hence their use in soup. 'The yellow lentils are by no means such a delicacy as black ones,' writes Mme

Vigoureux, 'and certainly not worth a birthright, although Esau appeared to think so!' E.V.

MACARONI WITH TOMATOES

Macaroni à la Milanaise

½ lb macaroni, salted boiling water, 2 tomatoes, a little cooking fat, 2 cooked onions or chopped shallot, salt and pepper, 1 tablespoon flour

Macaroni is another dish which, when served with cheese, helps economy in meat and eggs. It must not be served limp and pasty, neither must it be hard. To achieve the happy medium, throw two- or three-inch lengths into salted boiling water and boil not a minute more than twenty minutes, probably a little less.

Drain it, and keep warm in a fireproof dish. Meanwhile you have been making the sauce. Take the tomatoes, skin them by pouring boiling water over them, and cook them in a little fat in a saucepan on the fire until a pulp. Add the cooked onions (or the shallots), chopped, pepper and salt. When cooked, add a tablespoonful of flour, mixed first in a cup with a little cold water, and stir until thick.

Pour the sauce over the macaroni in the dish and serve with grated cheese in a separate dish.

MACARONI AU GRATIN

½ lb macaroni, ½ pint white sauce (see page 185), 3 oz grated cheese, 1 egg, breadcrumbs

Macaroni is available in this country in short and in long pieces. Either will do here, but if long pieces are used, they must be broken into lengths of 1 or 2 inches. Boil the macaroni in water until soft, drain, mix with the white sauce into which the yolk of the egg has been stirred, add the grated cheese, stir well and transfer to a pie dish. Sprinkle with breadcrumbs and dispose on top a few dabs of butter. Cook in a not too hot oven for 20 minutes, when the top should be a lovely golden brown. Eat by itself, without bread. E.V.

MUSHROOM PIE

Flan grillé aux champignons

pastry strips and case, small mushrooms, chopped onion, béchamel sauce (page 185), 1 egg yolk, a little milk

Line a flan or flat dish with pastry—a short crust is best. Or, you may buy a pastry case of pastry from your pastrycook and keep it by you ready for unexpected guests. And this is the way to fill it.

Take some small mushrooms, as many as will fill your case. Fry them in fat, with a little chopped onion, and when cooked pour over the mushrooms a good thick *béchamel* sauce (in France this is made with cream on festive occasions). Allow the whole to cool. Then pour it into the pastry case. It must not be poured in hot or the pastry will be soggy. Cut some long thin strips of pastry and roll them into spirals. Moisten their edges and fix them to the sides of the case across the mushroom mixture, as is done in France with an apple flan and in England with an open jam tart.

Brush over the spirals with beaten egg yolk and bake in a

hot oven for about 20 minutes. Serve as soon as the pastry is cooked, very hot.

Hôtel Riva Bella, Le Touquet Paris-Plage

PISSALADIÈRE

It is very difficult to translate this Provençal dish, but it is a delicious kind of pie with onions and tomatoes.

½ lb flour, 1 tablespoon olive oil or melted fat,
a little yeast or baking powder, salt, a little warm water,
3 onions, 4 tomatoes, bouquet garni (page 193),
anchovies, olives

First of all make the dough. Sieve the flour into a bowl, add the melted fat or olive oil, a little salt, and the yeast or baking powder, and a little warm water. Use a dessertspoonful of yeast or a large pinch of baking powder.

Turn the flour over the yeast and water, which should be in the centre, place a clean cloth over the bowl, and stand in a warm place for an hour.

Cut up four onions in slices, skin four tomatoes by dipping in boiling water. Fry the onions until golden brown, then add the tomatoes. Mix well together. Add a *bouquet garni*, put a lid on the frying pan and simmer for ¾ hour.

Now take the dough, which should have risen well, knead it, and halve it. Place one half into a tin and shape it until it is about ½ inch thick, with the edges slightly higher than the centre. Spread over this your onion and tomato mixture. Then add the remaining dough and put into the oven and bake until firm. When cooked, decorate with a few anchovies and olives.

Do not forget to remove the *bouquet garni* when you spread the tomato mixture!

The *pissaladière* can be eaten hot or cold.

Hôtel du Roy René, Aix-en-Provence

A PIE FROM LORRAINE

Quiche Lorraine

short or puff pastry, fat bacon, boiling water, cooking fat, mild cheese if liked, 3 eggs, ¾ pint cream or milk, salt, 1 oz butter

Line a pie dish with short or puff pastry, or buy a pastry case ready made. If you prefer, take a tin 8 inches in diameter and line this with pastry. The pie will be enough for ten people.

Spread on your pastry thin slices of fat bacon. These should be dipped in boiling water to whiten them and then very slightly browned under the grill or in hot fat. You may also add thin slices of Gruyère or any mild cheese, Dutch for instance, alternating them with the bacon, but this is not essential and is not traditional to Lorraine. The cheese however makes the dish more substantial.

Fill up the pie with the following: 3 eggs beaten together with ¾ pint of cream or milk. Season with salt, and put some small pieces of butter on the top in cubes.

Place in a very mild oven (it must not boil) and when it is cooked, serve cut in triangles, to show the contents.

If your oven is too hot, stand the pie in a pan of cold water.

Hôtel Riva Bella, Le Touquet Paris-Plage

RISOTTO 1

For a family dish:

1 *lb rice, cooking fat, boiling water, butter, olive oil, onions or tomatoes, grated cheese, salt and pepper*

This is a good supper dish or a first course for dinner. It must be served smoking hot.

If you wish to keep the grains separate and not to serve a soggy mass of rice, first put your fat in the saucepan and, when hot, throw in the rice and stir and shake until the grains are covered with the hot fat.

Add boiling water and salt and boil for twenty minutes. Strain the rice, put back in the hot saucepan and shake to dry. Now put the butter in a frying pan and when hot add the rice, a few onions just browned and tender, and plenty of grated cheese, pepper and salt. Stir all together.

If you prefer, in place of the onions, add some tomatoes. First plunge these in boiling water, skin them, and then stir in a little butter in a saucepan until tender. Add to the rice.

The cheese is usually served separately in France as in Italy, so that each person may help himself, but it should then be grated Parmesan or Gruyère.

RISOTTO 2

1 *lb rice, salted boiling water, cooking fat or butter, some good stock, preferably chicken, salt and pepper, onions or shallots, tomato sauce* (*page* 187)

Boil the rice in salted boiling water, after having treated it as in the former recipe. Shake it dry. In a deep frying pan or shallow saucepan melt a little fat; when hot put in the rice and add the

stock and fried onions or shallots. The broth in which a boiling fowl has been cooked is best, but stock made from veal bones is also excellent.

Serve with a thick tomato sauce (page 187).

SPINACH SOUFFLÉ

½ lb spinach for each person, 1 egg for each person, butter, salt and pepper

Wash the spinach in several waters. Remove the thick stalks. Plunge into a large saucepan filled with boiling salted water and then when tender pass through a sieve. (A tin of sieved spinach may be used.)

Put a little butter in a saucepan, beat the yolks of the eggs together, and stir into the spinach one by one, gently. Do not allow to boil. Whip the whites to a stiff froth and add gently. Grease a deep dish, put in the spinach mixture and cook for ten minutes to a quarter of an hour in a hot oven. Serve as soon as firm and risen.

Similar dishes may be made with Jerusalem artichokes, boiled and sieved, or with potatoes.

STUFFED TOMATOES

Tomates Farcies

2 lb large tomatoes, cold minced meat, ½ lb sausage meat, salt and pepper, chopped parsley, breadcrumbs, warm milk, onion, shallot or garlic, cooking fat

Wash the tomatoes, slice off the top of each (they should be large and firm) with a sharp knife and remove the centre with a little spoon, being careful not to break the skin. Prepare the stuffing as follows:

Mince any cold meat you have over—beef, veal, pork, mutton, chicken—and add to this ½ lb sausage meat. If you have none, buy some sausages at the butcher's, use half for breakfast or some other dish, and skin the remainder by dipping them into hot water first.

Add to this mixture salt, pepper and chopped parsley, a few breadcrumbs previously soaked in warm milk, and a chopped onion or shallot, or a clove of garlic. Place a piece of fat in a saucepan and melt it, then add the stuffing. Stir all the time, or it will burn, and cook for ten minutes.

Now fill your tomato cases with the warm stuffing and sprinkle breadcrumbs or crumbs bought ready in packets over the tops. Put a small piece of butter on the top of each, place on a flat dish which is fireproof and which has first been well greased. Cook in the oven for a quarter of an hour.

The tomato pulp should be used for soup (page 18). E.V.

INEXPENSIVE VOL-AU-VENT

a pastry case, 3 or 4 hard-boiled eggs, béchamel sauce (page 185), grated cheese or nutmeg

Buy a case of puff pastry or line a fairly deep round dish with good pastry and partly cook. Keep the interior from rising too much by placing a sheet of greased paper filled with rice in it. The rice can be used as usual—it will not be hurt. When firm and cool, put in the following filling:

Boil three or four eggs hard, plunge into cold water, peel and

chop roughly. Place in the pastry case when cool. Make a good *béchamel* sauce and flavour it with grated cheese or nutmeg. When it is thick and rich, let it cool and pour over the eggs and mix well. Put in the oven and finish cooking the pastry for about ten minutes. The top should be faintly brown.

The same procedure can be varied by filling with minced lamb, veal or chicken, warmed in a *bèchamel* sauce. Add the yolk of 1 egg, flavour and fill the case. Do not allow it to boil when in the oven.

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FRENCH OR GLOBE ARTICHOKES IN SCALLOP SHELLS

Artichauts en Coquille

1 French artichoke for each person, boiling salted water, salt and pepper, béchamel sauce (page 185), 1 egg yolk, breadcrumbs, butter

The artichokes must be boiled in salted water. Leave the lid off the saucepan, plunge the artichokes into fast boiling water and boil briskly, otherwise the vegetable will go a dingy brown as so often seen.

When cooked, remove the green leaves and the pulp from the bottom of each leaf, which you ordinarily eat. Take off the choke (the feathery seedy portion) and mash up the hearts with a fork. Season with salt and pepper, add a little *béchamel* sauce. If the mixture is too liquid, use the yolk of an egg to bind it, beaten up first, or dried egg.

Fill your little shells or fireproof dishes and bake them. Sprinkle breadcrumbs and pats of butter on each. They must be nicely browned, but not cooked very long, so if the oven is not hot, brown them under a grill after you have warmed them through.

STEWED ARTICHOKES

Topinambours en Daube

2 lb Jerusalem artichokes, 1 large onion, 1 bouquet garni, and, if you like it, 1 clove of garlic, cider, bouillon (made for example, with Bovril)

Slice the onion and brown in butter; add the artichokes, peeled

and cut in pieces, the *bouquet garni*, garlic, salt and pepper. Cover with equal parts of cider and *bouillon*, and leave to simmer until *all* the artichokes are tender. E.V.

FRICASSÉE OF EGGPLANT

Aubergines Fricassées

Put in a saucepan two tablespoons of olive oil, one onion, two tomatoes, and a clove of garlic, all cut in small pieces. Heat and stir. Wash, but don't peel, 1 lb of aubergines, cut them in large cubes (at least one inch), add them to the other ingredients in the saucepan, at the same time adding half a teacup of water and some salt. Cook slowly, stirring from time to time and adding a little water if necessary to prevent the aubergines from sticking to the pan. Cook for about one hour, or until the aubergines are soft. This dish is to be eaten by itself with French bread or toast. E.V.

FRIED AUBERGINES 1

Aubergines à la Bordelaise

1 *aubergine for each person, cooking fat, chopped parsley, chopped onion or garlic, salt, butter*

English people often find aubergines (a purplish vegetable) rather tasteless, but cooked in any of the following ways they make a fine change.

Cut the aubergines, when peeled, into slices about $\frac{1}{2}$ inch thick. Fry each slice in hot fat until half cooked. No slice must touch the other, so fry them in groups. When all the slices are

fried, replace them in layers in a casserole, and sprinkle each layer with chopped parsley, chopped onion or garlic, and some salt, but no pepper. Pour melted butter over the whole and cook very slowly in a gentle oven for half an hour.

FRIED AUBERGINES 2

1 aubergine for each person, kitchen salt, batter (page 193), butter or frying oil, table salt

Wash and slice the aubergines about ½ inch thick, but do not peel. Sprinkle each with kitchen salt and pile them up on a plate. As the salt dissolves, the aubergines will give out their water. After leaving them about half an hour to an hour to drain, dry them with a cloth. Make a batter and dip each slice separately into it, coating well. Melt some butter or frying oil (not olive oil) in a pan and when very hot, fry each battered slice in it. When done drain well on crumpled kitchen paper and arrange on a hot dish. Serve the aubergines very hot and sprinkled with table salt.

AUBERGINES PROVENÇAL

1 aubergine for each person, cooking fat, grated cheese if liked, tomato sauce, breadcrumbs

Peel the aubergines and cut them along their length into two or three slices. Brown the slices in hot fat, drain, and arrange on a flat dish in a layer. Cover the layer with grated cheese, and if you have more aubergines left, repeat again. Pour a thick tomato sauce (page 188) over the whole, sprinkle breadcrumbs

on top, and some small cubes of fat and place in the oven to brown.

E. Tallet, Grand Hôtel de Provence, St Rémy-de-Provence

CABBAGE AU GRATIN

Gratin de Chou

1 or 2 young cabbages, boiling water, salt, béchamel sauce (page 185), pepper if needed, grated cheese, cooking fat

There are other ways, says a French lady who has suffered in England from the dark bitter squares of cabbage we sometimes serve here, of cooking a cabbage than plain boiled. This is a *cri de cœur*.

Serve this dish for supper as a course or after a meat dish at dinner, not with meat. It is meant to be eaten with Vienna rolls.

Wash the cabbages and cut them into large pieces, about a quarter of a cabbage. Drop them into a saucepan of boiling water one by one. Salt the water well, leave the lid off, boil fast. Add nothing but salt, certainly not bicarbonate of soda. Your cabbage will be a clear bright green if you have fast boiling water, salt, and no lid.

Drain the cabbage well, cut it finely, and add more salt and some pepper if needed. Mix it thoroughly with a good *béchamel* sauce. Place in a fireproof dish and cover with grated cheese. Put some small pieces of fat on top and brown in the oven.

CABBAGE À LA VILLETTE

Chou à la Villette

1 *cabbage with a good heart, boiling salted water, butter, brown sugar, salt and pepper, vinegar*

This cabbage recipe is called '*à la Villette*' because the recipe is first given in Charlotte Brontë's *Villette*. When Lucy Snowe arrives late at night at the *Pensionnat*, she is regaled with this, served with meat.

Cut the cabbage in four, wash well, throw into fast boiling salted water. Leave the lid off. Boil until tender, but not too soft; it must still be firm. Drain the cabbage well, put the saucepan back on the fire and melt in it some butter. Do not let the butter brown; when hot, throw in the cabbage, turn the heat low, add a teaspoonful of brown sugar, salt, pepper, and a small spoonful of good vinegar. Let this simmer with the cabbage for ten minutes, then serve very hot with roast or grilled meat. It is delicious and is rarely served without favourable comment. You must be careful with the vinegar and judge the amount with precision. It should not *taste* of vinegar.

CARROTS

For 4 to 5 people:

3 *lb young carrots, chopped parsley, butter, seasoning*

Scrape and wash the carrots. Cut them in thin slices and put them into a saucepan on the fire with salt, pepper, parsley and butter.

Cover the saucepan and cook slowly until tender for about two hours, turning the contents over from time to time.

CARROTS WITH SAUCE

Carottes à la Flamande

young carrots, butter or fat, a pinch of sugar, salt and pepper, chopped parsley, 1 egg yolk, a little milk

This is a dish fit to serve alone as a first course.

Partly boil a bunch of young carrots (or older carrots sliced if you have no young ones). Melt a little butter or fat in a pan, add a pinch of sugar, salt and pepper, some chopped parsley, half a cup of water, then the carrots. Simmer for 20 minutes very gently, then take off the fire, and add the yolk of an egg well beaten up in a little milk. Mix well, warm, but do not boil.

LEEKS AU GRATIN

2 lb leeks, white sauce (*see page* 185), *butter, breadcrumbs*

Leeks are apt to contain grit, which must be carefully removed by thorough washing. Boil the leeks in salt water, strain, chop fine. Add thick white sauce and cook for 10 minutes in a saucepan, stirring carefully. Next transfer to a pyrex or other fireproof dish, sprinkle with breadcrumbs, add a few dabs of butter, and cook in the oven for 15 minutes.

Leek is not by any means the only vegetable which makes a good *gratin*; cabbage is excellent, cauliflower is good too, and so is pumpkin. Try them all, you will be well rewarded.

This dish, like all the vegetable dishes described here, is a separate course to be eaten by itself with bread and butter.

Such courses are eaten after the meat or fish course, but many, especially the *gratins*, serve well also for a light lunch or supper.

E.V.

LEEKS DAUPHINOISE

Poireaux à la Dauphinoise

1 lb leeks, salted water, béchamel sauce (page 185), grated cheese, ½ cup clear stock

Wash the leeks well, making sure there is no sand or earth left in the inner leaves. Cut in slices or chunks and boil in salted water until tender. Leave the lid off the saucepan and do not use soda.

Drain the leeks when tender, squeeze all the water out with a wooden spoon or presser and mix them with a good *béchamel* sauce. Add grated cheese to taste, and half a cup of clear stock. Place in a fireproof dish and cook in the oven until a golden brown.

Auberge Dauphinoise, St-Hautil

CELERY COOKED WITH BUTTER

Céleris au Beurre

Choose two fine heads of celery, remove and discard the hard outside stalks, clean and wash the others and cut them in pieces about 1 inch long. If you are lucky and find a piece of the root attached, separate it, peel it, cut it in pieces and add it to the rest of the celery. The root greatly improves this dish.

Put the pieces in boiling salt water and continue to boil until tender, drain, add 1 oz butter, and leave to simmer for about 20 minutes, turning over occasionally. Eat with bread or toast.

E.V.

FRENCH BEANS IN BUTTER

Haricots Verts au Beurre

Put the beans in boiling salt water and continue to boil until they are cooked. Strain and return them to the saucepan with a generous dab of butter, and simmer for a quarter of an hour, stirring lightly from time to time. Sprinkle with parsley and serve. E.V.

STEWED LETTUCE

Laitue au Jus

4 *lettuces, boiling water, butter, flour,* 1 *cup stock, salt and pepper, onion, parsley, bayleaf*

You are told in this recipe to take '*quatre belles laitues*' so do not choose old ones which are brown or those with no hearts.

Wash the lettuces carefully, the last water being warm so as to remove all grit and sand. Otherwise the dish will not be successful or the diners happy. Then put into boiling water and simmer for 20 minutes. Take out, plunge into cold water, and drain well.

Melt some butter in a saucepan, but do not brown. Add a little flour, stir it until all amalgamated with the butter. Add

a cup of stock and stir until smooth and thick. Season well with salt, pepper, a chopped onion, a little parsley, a bayleaf, etc, and put in the lettuces. Cook for one hour very gently. Stir from time to time. Serve as a separate course.

HOW TO PREPARE MUSHROOMS

In French the top of the mushroom is called the *chapeau* or hat; and the stalk the *pied* or foot. Separate the *chapeau* from the *pied* (or the hat from the foot) by breaking with the hand. Scrape the stalk with a knife to remove the skin and dirt, but do not scrape the top. Slice off the lower end of the stalk and throw it away, since this end has been in the ground.

Soak both parts in cold water with 2 or 3 tablespoonfuls vinegar for a few minutes. Do not drain but pick the mushrooms out of the water by hand without disturbing the water, and the dirt and sand will be left behind, settled at the bottom.

MUSHROOMS BORDELAISE

Cèpes à la Bordelaise

½ lb mushrooms, salt and pepper, cooking fat or oil, chopped shallot, 1 tablespoon white breadcrumbs, lemon juice, chopped parsley

'*Cèpes*' are large mushrooms, not the button variety. Slice the mushrooms if very large, otherwise simply clean. Season well with salt and pepper. Warm some frying fat or oil in a frying pan and fry the mushrooms until they are crisp and golden.

While they are frying, take the stalks of the mushrooms and chop 1 oz of them. Add to these a dash of chopped shallot (about a teaspoonful) and a tablespoonful of white breadcrumbs. These will absorb any surplus fat. Fry all together for a minute, then arrange on a metal dish and add a squeeze of lemon juice and some chopped parsley.

Hôtel Riva Bella, Le Touquet Paris-Plage

MUSHROOMS BOURGEOISE

fat bacon or pork, 1 lb mushrooms, parsley, shallot, pepper, flour, stock or white wine, fried bread or crisp toast, juice of 1 lemon

'*Bourgeoise*' means family or household cooking and is admirable and economical.

Take a saucepan and arrange at the bottom of it some small slices of fat bacon or pork to cover it. Leave this on a very gentle fire for a quarter of an hour. Place an asbestos mat underneath to prevent burning.

Wipe the mushrooms with a clean wet cloth. Cut each mushroom in two. Place them on the fat, sprinkle with chopped parsley, chopped shallot, a little pepper, and a little flour.

Add a little stock or wine and cook gently until the liquids are well reduced and the mushrooms tender.

Fry some slices of bread in hot fat, place in the saucepan and add the juice of a lemon. Serve in a casserole or on a hot dish.

MUSHROOMS IN THE CHEF'S WAY

Les Champignons du Chef

mushrooms, salt and pepper, fat, grated horseradish, béchamel sauce (page 185), grated cheese

Clean the mushrooms well. Shake salt and pepper over them. Grease the bottom of a casserole and arrange the mushrooms in it, with the hollow side uppermost. Put it in the oven for 8 to 10 minutes, then sprinkle the mushrooms with grated horseradish and cover the whole with a *béchamel* sauce. Sprinkle the sauce with grated cheese and place under the grill for a second to *'gratiner'*.

La Rôtisserie Normande, Paris

ONION PURÉE

5 *large onions, béchamel sauce (see page 185)*

Peel the onions, cut them in two, and boil them in salted water. When cooked, drain off the water, mash with a fork, add *béchamel* sauce, and mix well. Pour in a dish and leave in the oven for 15 minutes. E.V.

PARSNIPS OR OTHER ROOT VEGETABLES

Panais au Jus

2 lb parsnips or other root vegetables, 1 oz fat (lard, butter or margarine or mixed), chopped onion, flour, meat stock, salt and pepper

When green vegetables are scarce, a dish of parsnips or other root vegetables may be made very much more attractive if cooked in the following way than if plain boiled.

Scrape the parsnips and cut into cubes of about one inch. Melt an ounce of fat in a saucepan, and brown a chopped onion in it. Then add the cubed parsnips, and cook gently for ten minutes, turning now and then.

At the end of ten minutes, pour the following over the parsnips: a breakfast cup of water in which a tablespoon of flour has been carefully mixed by adding the water slowly to the flour, and a little meat stock. Flavour the whole well with salt and pepper and cook slowly until tender—probably about half an hour.

PEAS

Petits Pois

For 3 people:

2 lb peas, small onions, butter, seasoning, lettuce

In France fresh onions are usually sold with peas, because they greatly add to the flavour of the peas. If you can procure really fresh peas, do so, but frozen or canned peas are a good substitute.

Pod the peas, wash well, in order to discourage any small caterpillars, put them into a saucepan with the onions, butter and seasoning. Cover with cold water. Boil gently until very tender, adding hot water if necessary. The secret of this dish is to add only just enough water in order that the flavour of the peas and the butter may not be spoilt. The saucepan must be covered all the time. Serve hot after draining off any surplus

sauce, but do not drain off all the sauce, which adds to the flavour. The peas must not be served at all dry. If you like, add a small washed lettuce whole to the onions; you may then use less water.

GREEN PEAS FRENCH STYLE

Petits Pois à la Française

Put 2 lb fresh young peas in just enough boiling salt water to cover them, with a dozen spring onions, and an 'egg' of butter. Continue to boil until tender, adding a little water if necessary, but bear in mind that at the finish there should be very little liquid left, as you should serve without straining. E.V.

STUFFED PEPPERS

Green or red peppers, sausage meat, bacon, onions, parsley, salt and pepper, milk, breadcrumbs

Cut the peppers in half lengthwise. Remove and discard the inside, taking care not to break the peppers. Fill with a stuffing made of sausage meat, very small pieces of bacon cut from a rasher or two, a chopped onion and chopped parsley, salt and pepper, all mixed together with a little milk. After filling the peppers with this stuffing, sprinkle with breadcrumbs and put a good dab of butter on each pepper. Place the peppers in a buttered fireproof dish and cook in a slow oven for one hour.

For this dish minced beef may replace the sausage meat. Any left over beef, roasted or boiled, will do. E.V.

MASHED POTATOES

potatoes, butter, pepper and salt, hot milk

Mashed potatoes should not be stodgy or lumpy; they require considerable care if they are going to be really first class. Too often they resemble a stodgy paste.

Peel, cut in pieces, boil, drain and pass the potatoes through a *passe-purée*. This is a sieve; if you have not got one, you must use a colander, but it is not nearly so good. Crush the potatoes with a pestle or press, rub them through the sieve or colander. Place in a saucepan immediately while the potato *purée* is still hot, and add a really large piece of butter and plenty of pepper and salt. Stir with a wooden spoon, pouring on hot milk in small quantities from time to time. The result should be soft and light and melt in the mouth.

POTATOES WITH ONIONS AND SAUCE

Pommes de Terre Béchamel

2 lb potatoes, 2 large onions, béchamel sauce (page 185), salt and pepper, cooking fat

Boil the potatoes in their skins, having scrubbed them first. As soon as they are sufficiently cool, peel them and cut in slices about an inch thick. They must be firm. Leave to cool further. Slice the onions and boil these; when tender, cut into thin slices. Make a good *béchamel* sauce. Grease a dish, place in your potatoes, then your onions, then potatoes again. Pour the sauce over the whole, place in a gentle oven and cook until golden.

SPINACH

Épinards

For 3 people:

2 lb spinach, salt, 1 dessertspoon flour, 1½ oz butter, ½ pint milk, fried bread, hot hard-boiled egg

Wash the spinach twice in cold water, and a third time in warm water, so that all the sand is removed. Fill a saucepan with water, bring to the boil, and throw in the spinach. Boil for about a quarter of an hour. Drain well and when the spinach is sufficiently cool, press it well and remove absolutely all traces of water (a simple wooden press which is useful can be purchased quite cheaply). Chop the spinach finely and put into a saucepan with salt to taste, a dessertspoonful of flour; mix thoroughly and add the butter. Place on a low flame and stir continuously, adding milk from time to time. Put into a dish and decorate with small squares of fried bread and slices of hot hard-boiled egg, if possible.

The main point about success with this dish is to remove all the water. After it has been pressed out, the spinach is reduced to a very small volume, but when the milk is added, it increases considerably. The dish is served alone, as a separate course.

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CHOCOLATE CAKE 1

Gâteau de Chocolat

sponge fingers, 4 bars plain chocolate, 4 oz butter, 4 eggs, custard, vanilla

Take a pint jelly mould and arrange around the inside some small sponge fingers split in half. If the mould is moistened, the fingers will adhere. Savoy biscuits bought at the grocer's may be used. Cut off the tops level with the rim of the mould.

Melt 4 bars of chocolate in a jar set in a saucepan of boiling water. Melt the butter in a saucepan slowly (do not brown) and stir into the chocolate.

Take your eggs, separate whites and yolks, stir the yolks into the chocolate mixture. Beat the whites very stiffly and mix them very lightly into the chocolate. Pour into the mould and set it on ice. Serve cold as a party sweet with custard, which should be flavoured with vanilla.

H. Giquel, Restaurant-Giquel, Reuil-Malmaison

CHOCOLATE CAKE 2

$\frac{1}{4}$ lb unsweetened chocolate bars, 3 tablespoons milk, $\frac{1}{2}$ lb sugar or less, 2 or 3 eggs, $\frac{1}{4}$ lb flour, 2 oz butter, grated breadcrumbs

Put the milk and the chocolate (broken into pieces) together in a small saucepan and warm until the chocolate is completely dissolved. Beat the sugar and the butter together in a bowl until they are creamy, add the yolks and stir well, then add the flour by degrees, stirring hard. Then add the chocolate melted in the milk and, last of all, the whites of the eggs beaten to a stiff snow.

Butter the cake mould with melted butter run over it, sprinkle it with grated breadcrumbs made from very dry hot toast, and pour in the contents of the mould. Bake in a hot oven for about one hour.

If you are not sure of your oven heats, when you are baking cakes, insert a piece of white paper in the oven, close to the door and remove after five minutes. If the paper is still white, the oven is not hot enough, and if it is black, then it is too hot. It should be golden brown.

When you take your cake out, test it with a hot skewer to see if the centre is cooked and firm, and place it on a sieve so that the air can get all round it.

SPONGE SAVOIE

Biscuit Savoie

4 eggs, 7 oz sugar, 1 teaspoon grated lemon peel, 3½ oz flour

Separate the eggs; put the yolks in a bowl with the sugar and the lemon peel; beat until white and frothy, then mix thoroughly with the flour, adding the latter by degrees. Beat the whites to a froth, and fold lightly into the yolk mixture.

Butter a cake tin, sprinkle with castor sugar, half fill the tin with the batter, and bake for one hour in a low oven, removing when the cake has turned a lovely golden colour. The cake must be cold when it is turned out of the tin, and should then be replaced in the oven for a minute or two to render it firmer.

This sponge cake is ideal for chocolate *parfait* (see page 169); it is also very suitable for coffee pudding (see page 170) when it is appropriately sliced. E.V.

COFFEE CAKE

Gâteau Moka

½ lb unsalted butter, ½ lb castor sugar, 4 egg yolks, 1 cup of strong black coffee

Mix and beat the butter, sugar, and egg yolks, and add the coffee little by little, continuing to mix all the time. When all the coffee has been added and thoroughly mixed, place a layer of *Biscuit Savoie* (see page 160), or of sponge fingers at the bottom of a mould and similarly line the sides of the mould up to the rim; next place a layer of the mixture over the sponge fingers at the bottom, then another layer of sponge fingers, then more mixture, and so on, topping with a layer of sponge fingers. Cover with a piece of buttered paper, then place a plate or wooden disc which just fits in the mould on top, and then a heavy weight on top of this. Leave overnight in a cool place. The cake will turn out of the mould more easily if the latter is dipped in hot water for a few seconds before it is turned over. E.V.

ENTREMETS AGNÈS SOREL

A sweet named after Agnès Sorel. But why?

4 oz castor sugar, 4 oz butter, 4 oz unsweetened chocolate, pod of vanilla, sponge fingers, rum to taste

Work together the castor sugar and the butter with a fork until the mixture is white and light. Then add the chocolate which should first be melted and allowed to cool. Finally, add the cream, whipped, and sugar. Stir until the mixture is smooth and uniform.

Now make the syrup in which the sponge fingers are to be soaked. Stir together rum, sugar to taste, the pod of vanilla and a little water. Place into the syrup as many sponge fingers as will absorb the liquid, but do not allow them to become sodden.

Line the bottom and sides of a 1½ pint sized mould with the sponge fingers. Pour in the chocolate mixture, press down by putting a plate or saucer on the mixture and a weight on the saucer.

Leave until the next day in a very cool place. Turn out and serve, preferably with a custard sauce flavoured with rum poured over it.

M. Robert Renaud, Restaurant Jacques-Cœur, Bourges

APPLES 'OLD MEG'

Pommes Bonne-Femme

1 *apple for each person, butter, sugar, raisins or nuts, apricot jam*

Core the apples with an apple corer and be careful that you have removed all the pips, etc.

Wipe each apple, but do not peel. Make a cut here and there in the skin. Place in a fireproof dish and fill each space where the core was with butter creamed with sugar, adding a few raisins or nuts. Bake until tender but still firm, and serve with a little apricot jam thinned with hot water, which should be poured over the apples.

Hôtel Riva-Bella, Le Touquet, Paris-Plage

BANANAS AU CARAMEL

3 tablespoonfuls sifted sugar, 2 tablespoonfuls of water, 6 bananas

Put the water and sugar into a strong saucepan on a low flame and stir until brown and the caramel is formed (page 190). Arrange side by side in a frying pan 6 bananas, which must be peeled and should be very ripe. Turn the caramel sauce over the bananas and coat them well, cook gently, but do not burn (it is quite easy to burn them, so be careful). This should last about 15 minutes, at the end of which time the bananas should be soft and luscious. Arrange them on a hot dish and pour what remains of the caramel over them. E.V.

CHERRIES IN CLARET OR FRUIT SYRUP

1 lb large cherries (black or red), ½ lb sugar, dash of cinnamon, ½ orange, red currant jelly, claret or fruit syrup, wafers

Stone the cherries. Set them in a large mould, which must be of tin or enamel, not china. Add to them the sugar, powdered, a little cinnamon, the juice and pulp of half an orange, and several tablespoons of red currant jelly.

Now pour over these a pint of claret or a pint of syrup made with red currant juice or raspberry juice and sugar. Cover the mould, set it in a saucepan of boiling water and leave for ten minutes or so, or until the cherries are cooked.

Serve cold or iced in champagne glasses or the glasses you use for grapefruit. Wafers should accompany the fruit. These glasses are sometimes served in the afternoon in the summer in France.

Restaurant du Faisan Gris, Calais

FRUIT TRIFLE BOURDALOUE

Timbale Bourdaloue

½ lb flour, 4 oz sugar, chopped almonds or other nuts, 2 eggs, stewed fruit (apples, plums, raspberries, etc), custard, vanilla flavouring, apricot syrup

This is a very interesting dish and well worth a little trouble as it is not expensive. First of all make a kind of cake: mix the flour and the sugar, add some chopped nuts (as many as you can afford), and beat the eggs into it. A dough will be formed. Grease a deep mould with fluted sides, as this will make the dish prettier when it is turned out. The mould must be a quart one at least—larger if you have it.

Place a layer of your dough at the bottom, then a layer of stewed fruit. If you use plums or apples, sieve them after they are stewed. After the layer of fruit, place a layer of thick custard flavoured with vanilla, then a very thin layer of dough, like the top of a suet fruit pudding. You must thin it by rolling as you do pastry. You can use as much fruit and custard as your mould will hold, but remember that the dough will rise.

Bake in a fairly quick oven, and turn out when cold. Serve with an apricot syrup (page 189).

MERINGUES

3 egg whites, 3 tablespoonfuls castor sugar, vanilla essence

Beat the whites to a stiff snow, add the sugar by degrees, beating all the time. Butter a sheet of white paper and place it on a metal oven plate or the lid of a biscuit tin. With a spoon, arrange the snow in circles on the white paper, and cook in a

very slow oven, barely warm, for 40 minutes. If the oven is slow enough, the meringues will dry without changing colour and be snow white. If any flavour is desired, after you have added all the sugar, put in a drop of vanilla essence.

This meringue mixture is very attractive spread over young gooseberries cooked in a little syrup of sugar and water: over apples stewed gently in the oven until soft: or over rhubarb, cut in small chunks, in a syrup.

PEARS WITH ICE CREAM

Poires Belle Dijonnaise

pears or apples, sugar-and-water syrup, vanilla flavouring, ice cream, fruit juice, whipped cream, icing sugar

Take some large pears, peel and quarter them. Stew gently in a syrup of sugar and water, flavoured with vanilla. Cool and freeze a little in the refrigerator if possible.

Now take some ice cream, home made if you have the wherewithal, if not, bought in a carton. Pour over the ice cream in the serving dish a sauce of blackcurrant juice or raspberry juice. Keep cool. Add some whipped cream.

Serve the pears also covered with fruit juice round the ice cream and if liked, sprinkle all over with a little icing sugar.

Aux Trois Faisans, Dijon

LA NEGRESSE

This is an idea from La Chartres-sur-le-Loir for a children's party.

On the whole, the French do not decorate their dishes so much as may be supposed—an elaborate decoration is rarely seen, the taste and the serving being considered of far greater importance than the decoration. It is interesting, therefore, to have a recipe from Touraine of a sweet decorated as elaborately as this.

Enough vanilla ice-cream to give a good serving to each child, a thick chocolate sauce made by melting down some good plain dark chocolate, and meringue for decoration

Place the ice-cream in individual glasses and keep cold. Decorate round the edges with meringue (whipped white of egg to which a little sugar is added). Cover the centre of the ice entirely with the melted chocolate, forming a black face. Make eyes, nose and mouth from the meringue and add a small meringue hat.

This frivolous and delightful idea comes from M. Pasteau, Hôtel de France, La Chartres-sur-le-Loir

FRAISES CHAPON FIN

Strawberries as they are served at Le Chapon Fin, Bordeaux. Pears are also excellent prepared in this way.

1 lb of ripe strawberries to four people, whipped cream, Kirsch liqueur for flavouring, chopped almonds, browned under the grill

This dessert may be served in a pretty glass bowl or in individual glasses. It must be prepared well beforehand and served very cold.

Hull the strawberries and place in a bowl. Add a little

Kirsch, which may be bought in small bottles, and mix gently. Place some whipped cream on top and sprinkle the cream with the chopped grilled almonds. Serve sugar separately.

M. Sicart, Le Chapon Fin, Bordeaux

TARTE MAISON GALLIA

6 oz butter, ½ lb fine flour, 2½ oz sugar, a good pinch salt, fruit

Rub the butter into the flour, add the sugar and salt. Make into pastry with a little water, roll out well and line a square or oblong dish with the paste.

For the filling, proceed as follows: fruits such as cherries, plums, greengages, apples, should be placed in the tart and cooked in the oven. Before placing them in, however, prick the tart all over with a skewer. You must sprinkle them well with sugar and place a piece of buttered paper over the top.

For other fruits, such as strawberries, grapes, etc, prick the pastry and then spread a piece of buttered paper filled with rice to keep the shape of the pastry. Then when the pastry is cooked golden brown, place in the raw strawberries and put back in the oven for five minutes (not too hot an oven). Sprinkle well with icing sugar before serving. Warm through only in the oven.

If you prefer it, you may stew apples, cherries, etc, first before filling the tart or cover them with a syrup.

Hôtel Gallia, Evian-les-Bains

BRITTANY PUDDING

Gâteau Breton

5 oz butter, 5 oz sugar, 2 eggs, ½ lb flour, 2 oz mixed chopped peel, béchamel sauce (page 185), sugar, vanilla or sherry

Cream together the butter and the sugar. Be sure they are well mixed. Separate whites and yolks of eggs, put aside a small quantity of the yolk. The whites must be beaten stiff. Stir in a little flour into the butter and sugar mixture, then a little more, and then a little egg mixture, whites and yolks together. When all is well mixed, add the chopped peel. Knead well. Place on a flat well-greased dish and brush over with the remaining egg yolk beaten up, which you put on one side. Bake in a gentle oven from 25 to 30 minutes and serve as a pudding with a *béchamel* sauce to which you have added sugar and vanilla or a little sherry.

CARAMEL BREAD PUDDING

Gâteau de Pain

stale bread, warm milk, flavouring, sugar, 2 eggs, currants or sultanas, caramel sauce (page 190), custard

For three people, use ¼ lb bread. Cut into small pieces without the crust, place it in a bowl and cover it with warm milk until it is soft. It will take about an hour.

Now add flavouring. This may be rum or kirsch, or slices of lemon peel cut finely and boiled for a minute or two, or vanilla. Sugar to taste. Add the eggs, well beaten. Throw in a generous handful of currants or sultanas, washed and dried in the oven.

Take a tin or enamel quart mould and coat it with caramel sauce (page 190). Pour in the bread mixture, cook in a tin of water in the oven for half an hour or until just set. Turn it out when cold. Serve with custard flavoured with vanilla.

This is a very cheap and delicious sweet and is much enjoyed in France.

Auberge Dauphinoise, St-Hautil

CHOCOLATE PARFAIT

Parfait au Chocolat

4 oz unsweetened chocolate bars, 4 oz fresh butter, 4 oz castor sugar, 3 eggs

Melt the chocolate over boiling water. Add the butter, sugar, and the egg yolks, and mix thoroughly before adding the whites, beaten to a froth.

Remove the inside of a *Biscuit Savoie*, leaving 1 inch at the bottom and around the sides of the tin. Pour in the chocolate mixture and replace the top slice of the part removed. Cover with a piece of buttered paper, place on this a plate or wooden disc that just fits inside the cake tin, and on top of this put a weight. Leave overnight in a cool place.

After having turned the cake out, sprinkle with powdered chocolate.

To avoid the extra work of making the *Biscuit Savoie*, use an ordinary sponge cake instead. E.V.

COFFEE PUDDING

Gâteau Moka

¼ lb butter, ½ lb sugar, 2 egg yolks, 1 cup strong coffee, 6 sponge fingers

Mix the butter, sugar and egg yolks together in a jar in a saucepan of boiling water and stir until thick, but do not boil or it will curdle. Add little by little a small cup of very strong coffee or some coffee essence, and stir again. Place a layer of sponge cakes or fingers at the bottom of a mould previously dipped in cold water, then a layer of the egg mixture, and so on to the top. Press this mould by placing a piece of buttered paper on top of it, then a plate to fit and then a heavy weight, pressing for 12 hours in a cool place. Turn out by dipping for a second in hot water.

CHOCOLATE CUSTARD

Crème au Chocolat

1 pint of milk, 3 oz plain chocolate bars, 2 eggs, 2 tablespoons castor sugar, 2 teaspoons custard powder

Melt the chocolate in a saucepan in part of the pint of milk. Stir until the chocolate is dissolved. Allow to cool. Meanwhile mix together in a bowl the sugar, custard, and the yolks of the eggs. (Set aside the whites for later use.) Add the melted chocolate and the rest of the milk to the contents of the saucepan and cook gently. Stir all the time until the mixture starts to thicken. Leave to cool.

Beat the whites to a froth: an electric beater is most helpful here, it does the job in a few seconds. When the whites are well

beaten but not dry, pour a little boiling water over and leave for five minutes, turning the whites at half time. This removes the raw egg taste. Arrange the whites on the *crème* in as many heaps as there are diners. *Serve very cold.* E.V.

UPSIDE-DOWN CUSTARD CREAM

Crème Renversée

To those who find it difficult to make the really perfect baked custard, we give these hints:

(1) Do not stint the eggs—use three eggs to one pint of milk.

(2) Keep the temperature low—not above 200 F.

When the custard is cooked, there should be no liquid at the bottom of the dish. If there is, you have failed—the cooking was too quick and the temperature too high.

Now for the variant, from M. Sabatier. Beat 3 eggs, yolks and whites together, with an egg whisk or electric mixer. Stir in 3 oz castor sugar and go on stirring while you add 1 pint of cold milk. (This, M. Sabatier advises, should have been boiled previously and allowed to become cool.) When the custard is cooked, leave it to cool. Then turn it out on a plate. Decorate it with fruit jelly flavoured with fresh fruit juice or with *Crème chocolat.*

This is an interesting version of a baked custard, sent by M. Émile Sabatier of Chez Dame Jane, Cours Gambetta, Lyons

VANILLA CUSTARD

Crème à la Vanille

1 pint of milk, 2 eggs, 1 vanilla pod, 2 tablespoons of castor sugar, 2 teaspoons custard powder

Boil the milk with the vanilla pod cut into small pieces. When the milk has come to the boil, leave it to cool. Meanwhile, put the yolks of the eggs, the sugar and the custard powder into a bowl and mix them thoroughly. Set aside the whites for later use. Add the cooled milk. Cook gently in a saucepan over a low heat. Stir all the time until the mixture thickens.

Now return to the whites of egg. Beat them to a froth: an electric beater is most helpful here, it does the job in a few seconds. When the mixture is well beaten but not dry, pour a little boiling water over it. Leave the whites floating in the water for five minutes, turning the whites over at half-time. This removes the raw egg taste. Arrange the whites on the *crème* in as many heaps as there are diners and decorate with drops of caramel. *Serve very cold.* E.V.

DIPLOMAT PUDDING

Pouding Diplomate

fat, crystallized fruit, sponge fingers, custard, fruit syrup, currants and raisins, apricot jam

Take a deep mould and grease it. At the bottom put some crystallized fruits such as cherries. Now arrange alternate layers of sponge fingers and a thick custard. The sponge fingers should be soaked a little in some syrup (cherry brandy is advised!) made of fruit juice or liqueur. They must still be firm, as they

are to act as a support for the custard. Over each layer of sponge fingers, sprinkle a few currants and raisins, which will be much nicer if soaked for a few minutes in water and sugar, until swollen.

A few spoonfuls of apricot jam may be placed between the raisins. Set in a cool place and turn out by dipping in hot water. The mould should be pressed down well by placing a piece of greased paper over it, then a plate to fit, and then a heavy weight and left 12 hours in a cool place.

Hôtel Riva-Bella, Le Touquet Paris-Plage

PUDDING MONTAGNE BON AIR

Entremets Montagne Bon Air

This dessert gained a first prize in one of the famous French culinary competitions.
Enough for 9 people:

¼ lb powdered sugar, 2 egg yolks, ½ pint milk, 1½ sheets gelatine, fresh cream, 4 sponge cakes, sugar, flavouring, oil, candied peel, Kirsch

Mix in a double saucepan the sugar and the yolks, adding the milk slowly and keeping warm until it thickens.

Remove from the fire and add the gelatine, melted in a very little warm water and stirred in. Stir well and as soon as it is really cold but not set, add some fresh cream whipped to a froth. Cut in slices your 4 sponge cakes, pour over them a syrup which should be flavoured with Kirsch or orange juice or any fresh good flavour. Make the syrup by melting several lumps of sugar in water over the fire and reduce it until thick.

Take a large mould, oil slightly (not butter as it is to be iced) and place in the mould alternate layers of the egg mixture and the sponge cakes. Sprinkle the sponge cakes as you put them in with candied peel, chopped and of an orange flavour. Place in the refrigerator and turn out when wanted.

Note. Allow the egg mixture to cool well before you mould it; do not allow it to set.

M. Dasriaux, Le Manoir, St Germain-en-Laye

FRITTERS THE DIVONNE WAY

Beignets de Divonne

This is a good dinner party dish as it can be prepared the day before and it is always impressive. André Gaud, *chef de cuisine* at the Hôtel de la Truite, Divonne, works in quantity for his dinners—allowing 12 yolks of eggs. For a dinner party, six are ample.

6 yolks of egg, 2 oz castor sugar, 1 dessertspoon of white flour, juice of a lemon, 1 pint of cream, batter for frying
(If cream is not used, tinned milk will suffice)

Place the 6 yolks of egg in a large bowl. Add the sugar and knead well. Then add the flour and knead again. Gradually knead in the lemon juice and then beat the whole well.

Now bring the cream to the point of boiling, but do not boil. Allow to cool a little and then pour it over the mixture in the bowl. Mix well and beat again.

Butter a fireproof rectangular dish. Pour in the mixture so that it is about 1 inch thick. Bake in a moderate oven until firm. Then set aside until next day.

Next day, when the fritters are to be served, cut them into

rectangular pieces of the size you prefer and dip each piece first into batter and then fry in a pan of boiling oil. Allow them to brown gently: be quick and do not burn the fritters. Serve at once, very hot, sprinkled with castor sugar.

The dish is glorified if a tablespoon of brandy or rum is added to the batter.

NURSERY FRITTERS

Pains Perdus

2 slices stale bread for each person, ½ pint batter (page 193), sugar, frying fat, warm jam or fruit

Cut the bread about half an inch thick. Make the batter (page 193), add a little sugar to it, and soak the bread in it for ten minutes.

Get your frying fat really hot, take out a slice of bread with a fork, put quickly into the batter and fry golden brown on both sides. Drain well on crumpled soft paper. Keep hot while the other slices are cooking, as this simple economical sweet depends largely upon its being really hot when served.

When all slices are cooked, put some jam, warmed in a jar standing in a saucepan of hot water, on each slice.

Alternatively this may be made by soaking the bread in milk, dipping it in beaten egg (as done for frying fish) and frying, served with powdered sugar and fruit.

TARTE JEANNETTE

2 lb cooking apples, butter, sugar

Brown sugar may be used for this with advantage.

Peel the apples, core them and cut in very thin slices. Mash them into a paste: if they are too hard, cook slightly first. Grease a fairly deep dish, put a layer of apple, then a layer of sugar, then a few dabs of butter, until filled. The last layer should be butter. The dish must be cooked in a very hot oven at first, then more slowly. The sugar should form a caramel. Serve hot: if you have allowed the dish to cool, warm up.

Hôtel Feuillaubois, Châteauneuf-sur-Loire

SWEET SOUFFLÉ

Soufflé à la Crème

Enough for 4 people:

¼ pint milk, 1 oz sugar, 1 tablespoon flour, a little milk or water, butter, 2 egg yolks, 3 egg whites, fat

Boil the milk with the sugar, and stir the flour in, first having mixed it with a little cold milk or water in a cup, so that it will not form lumps. Stir for three minutes.

Remove the saucepan from the fire. Add first the butter in little pieces, then the yolks, beaten first, and finally the whites, which should have been beaten to a stiff froth.

Grease a deep dish, fill half full and pour in the *soufflé*. Bake in a quick oven for twenty minutes.

For a vanilla *soufflé*, cook the same way, but add vanilla to the milk when you boil it. The French use a vanilla pod and boil it in the milk.

For a change, add lemon peel or orange peel in the milk, and remove when this is well flavoured.

CHOCOLATE SOUFFLÉ

Soufflé au Chocolat

4 bars plain chocolate, 4 eggs, 3 oz castor sugar, 1 tablespoon flour, ½ cup milk, flavouring, salt

This *soufflé* is a little more difficult than the cheese one on page 128, but will soon come with practice. It is a good one to use when you have had a sauce in the previous course with yolks of eggs, as this *soufflé* requires more whites than yolks.

Melt the chocolate by standing it in a jar in a saucepan of boiling water. Break the eggs, putting aside 2 yolks, and placing the other 2 in a basin. The 4 whites have to be beaten to a very stiff froth, until the bowl can be turned upside down. Add to the yolks you are using 2 oz castor sugar, a pinch of salt, and the flour, ½ cup of milk and flavouring—vanilla and the melted chocolate. Stir over the fire until thick. Allow it to cool, then add the beaten whites very gently.

Grease a deep *soufflé* mould, leaving an inch or two at the top and fastening a band of thick, greased white paper round it. Bake in a hot oven for about 20 minutes and serve when firm. It should not be dry inside, but moist.

SOUFFLÉ ÉLISABETH

¼ pint milk, 1 oz sugar, 1 tablespoonful flour, 2 egg yolks, 3 egg whites, macaroons, crystallised fruit

Boil the milk with the sugar, stir in the flour mixed first in a cup with a very little cold water or milk. Add the yolks off the fire, having beaten them first, and then whip the whites very stiffly and add gently, also off the fire.

Now in your *soufflé* dish, which must be deep, arrange some

small ratafias or macaroons (they should be soaked in liqueur first by rights) and a few crystallised fruits cut in pieces. Pour the *soufflé* mixture over this and bake in an oven for twenty minutes. The oven must be hot.

Hôtel Riva-Bella, Le Touquet Paris-Plage

RASPBERRY SOUFFLÉ

Soufflé à la Framboise

First prepare the flavouring by making a syrup with fresh or bottled raspberry juice to which sugar has been added to taste and the whole stirred over a gentle heat until it becomes a syrup. Add the liqueur of your choice to flavour, but only a small quantity as the taste of the raspberry juice should prevail.

Now make the *soufflé*. Allow these quantities for 4 people:

½ pint milk, 1 tablespoon of white flour, 2 egg yolks, 3 egg whites, 1 oz sugar, 2 oz butter

Mix the flour with a little cold milk until it is smooth to prevent it forming in lumps. Boil the milk with the sugar. Stir in the flour mixture. Continue stirring for 3 minutes.

Remove the saucepan from the fire and add the butter in small pieces. Then beat the yolks of the eggs and add. Finally, add the whites of the eggs, stiffly beaten, but not dry.

Now return to the raspberry syrup in which you have soaked some small sponge fingers. Pour the *soufflé* gently into a fireproof *soufflé* dish, slipping in the soaked sponge fingers as carefully as possible in order not to deflate the *soufflé*.

The *soufflé* should be just firm when cooked. Serve at once on warm plates. If there is any raspberry juice over when the

sponge fingers have been soaked, use it by serving in small glasses with the *soufflé*.

From M. René Rétoré, Hôtel du Lion Rouge, Soissons

DESSERT SOUFFLÉ

Soufflé au Grand Marnier

Do not be nervous of trying such liqueurs as Grand Marnier, which is used in this and many other recipes. These liqueurs, such as Grand Marnier, Kirsch, etc, may be bought in small bottles and their flavour greatly adds to the success of your cooking.

2 *eggs*, 4 *tablespoons castor sugar*, *small glass of Grand Marnier*
(for two persons)

Separate the whites of the eggs from the yolks. Beat the sugar and the yolks together until the mixture is the colour of straw. It should 'flow like a ribbon'. Then beat the whites until they are stiff, but not long enough to make their consistency dry. Mix together the whites and the yolks—do this very gently. Have your oven ready at a temperature of 430 degrees to 480 degrees F. Pour the *soufflé* mixture into a buttered mould, leaving space for rising. Cook for about 20 minutes. When ready for serving, pour over the *soufflé* in the dish a small glass of Grand Marnier. Light it as you carry it to table.

This dessert dish, which is always well received, comes from M. Paul Bordeaux of the Hôtel Eychenne, Saint-Girons, Pyrénées. His restaurant, renowned for its specialities, is in 'a situation tranquille'. His son Michel has spent a year at college in England in order to be able to speak the language well and so be helpful to English visitors

SWEET OR SAVOURY OMELETTE

Omelette Délice

3 whole eggs, 3 extra whites, butter, seasoning

This dish is one to use when you want three spare yolks for a sauce or a custard. It makes a big omelette.

Beat the yolks together, separating them from the whites. If you want a sweet omelette, add a little sugar and a little vanilla; if you want a savoury omelette, add pepper and salt.

Beat the whites to a stiff froth. Add to the yolks very gently. Melt the butter until it is hot but not brown, and add the eggs. Cook as for an ordinary omelette, but for a sweet omelette, add some hot jam before you turn it over; add mushrooms or chopped bacon or fried bread should you want a savoury omelette. Slip under the grill for a few seconds before serving. Serve on a very hot dish and serve quickly.

M. Bonnigal, Hôtel du Château, Chaumont-sur-Loire

PANNEQUET ILE-DE-FRANCE

Otherwise PANCAKE. (There is an English pancake we call French pancake: this is a French pancake, named Pannequet after the English!)

Every English cook has her own recipe for a pancake. In making this *pannequet*, try this recipe, omitting any sugar (if indeed you add sugar to your recipe). When your mixture is ready, stand it awhile in a refrigerator or other cool place.

Cut as many slices of ham as you intend to make pancakes. Prepare a *béchamel* sauce (see page 185), seasoning the sauce well and adding a little cream if available. Grate some cooking cheese and have it handy.

Now start on the pancakes. Make one, place on it one slice of ham and keep warm, while you continue making the rest. When all are ready, pour over each pancake some of the sauce and sprinkle it with the grated cheese. Quickly *gratiner* or brown the sauce on the pancakes under a really hot grill, previously heated in readiness. Delicious!

This recipe comes to you from a famous French chef, M. René Rétoré who has an interesting history. He started his career—or perhaps you prefer to call it his art—by working in many well known restaurants in Paris and other parts of France. In 1913, *he acquired the Hôtel du Lion Rouge in Soissons (Aisne); and ever since he has supervised the cooking. The hotel was badly damaged in both world wars—as indeed was the greater part of Soissons. With determination and courage, the hotel was rebuilt each time, and each time it was improved.*

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BÉCHAMEL SAUCE

1½ oz butter, 2 tablespoons flour, 1 pint milk or stock, seasoning

Melt the butter in a saucepan on a low flame, but do not let it boil. When warm, mix to it two tablespoonfuls of flour, gradually, so that it is not lumpy. Heat a pint of milk and add it little by little to the flour and butter in the saucepan. Stir it with a wooden spoon all the time. Add seasoning. Stir for 15 minutes if you have time—the longer you stir and the slower the sauce is cooked the more it will resemble *béchamel* sauce and the less it will resemble the kind of paste which is too often served as sauce.

Stock may be used for meat and fish dishes in place of milk.

If the sauce is to be used with a pudding, add a little sugar and flavour with vanilla.

You must master this sauce before you can qualify as a cook at all.

Auberge Dauphinoise, St-Hautil

WHITE SAUCE

1 oz butter, 1 oz flour, ½ pint milk,
the yolk of one egg if you wish

Stir the flour in very little water to produce a thick paste, add the milk slowly, stirring well all the time to prevent lumps, add the butter, the egg yolk, salt and pepper. Cook on a low flame, stirring with an egg whisk or spatula until the sauce has the desired consistency.

The egg is not essential but it improves the sauce. E.V.

BUTTER SAUCE (for Fish)

Beurre Blanc

Enough for 6 people:

3 oz butter, white vinegar, chopped shallot, salt and pepper

Place 2 tablespoonfuls vinegar in a saucepan with the chopped shallot and the salt and pepper. Allow it to simmer until reduced, then throw in 2 oz butter. When the sauce is frothy, take the saucepan from the fire and add the remainder of the butter in small pieces, stirring all the time, but not beating.

Lucien Dorin, Hôtel de la Couronne, Rouen

HOLLANDAISE SAUCE

butter, salt

Melt as much butter as required in a saucepan. Throw in salt to taste, and whip over the fire until frothy. Pour into a warm jug and serve.

MAYONNAISE SAUCE

2 or 3 egg yolks, salt, French mustard, vinegar, olive oil

Place two or three egg yolks in a bowl. Add a good pinch of salt, ½ coffee spoonful mustard, and 1 dessert spoonful vinegar. Mix well. Stir well with a wooden spoon or an egg whisk and at the same time pour in olive oil, very slowly, drop by

drop, at first, then a little more quickly. Stir well again. Continue until the sauce is thick and you have enough.

The success of this mayonnaise depends a great deal upon adding the olive oil very slowly at first. Stir quickly and violently, as this ensures a thick sauce.

A cheaper sauce is made by making a *béchamel* sauce, adding the yolk of an egg, oil and vinegar, salt and pepper. E.V.

SAUCE PIQUANTE

vinegar, garlic, bouquet garni (*page* 193), *seasoning,* 1 *glass stock, capers or gherkins*

Take 3 tablespoonfuls vinegar and add to it a dash of garlic, salt, and pepper, a *bouquet garni.* Place in a saucepan on the fire and boil for 5 minutes.

Now add a glass of clear stock and boil for another 5 minutes. Pass the sauce through a sieve. In the same saucepan, melt a little butter, thicken with a tablespoonful of flour, and stir together. Pour on the sauce and stir all the time until it thickens. Remove from the fire and add capers or chopped gherkins, and pour the sauce over your boiled beef or fish or other dish. Or serve separately in a sauceboat.

TOMATO SAUCE 1

1 *lb tomatoes, seasoning, butter, flour*

Place the tomatoes into boiling water for a few minutes, then skin them.

Melt a large piece of butter in a saucepan without allowing

it to brown. Remove the hard core of the tomato near the stalk, pulp the fruit with a wooden spoon and cook gently in the butter, seasoning well. If you like the sauce thick, mix a teaspoonful of flour in a cup with a little cold water, pour into the tomatoes and bring to the boil. Put through a sieve.

TOMATO SAUCE 2
(from Provence)

oil or cooking fat, butter, 1 or 2 lb tomatoes, 1 onion, garlic, bayleaf, salt and pepper, stock, gelatine

This is a delicious Provençal recipe for a sauce which is cheap and excellent to use with fish, eggs, vegetables, meat, etc. (See aubergines recipe, also from Provence.)

Pour some oil or place some cooking fat in a frying pan, add a little butter, and brown a sliced onion in it. Then skin and add the tomatoes, which must be ripe, and cut in half. Cover the pan with a saucepan lid or plate until the tomatoes are cooked and the juice from them is in the frying pan. Then uncover, add a little garlic, a bayleaf, pepper and salt, and reduce on a fairly brisk fire. When thick, thin a little with some stock, cook a little longer and strain.

If you wish to use up some cold meat, add a little gelatine to the tomato sauce when cool. Mix it well. Before it is set, pour over the slices of meat.

If you cannot get fresh tomatoes, use tinned ones and cook them with spices, a few stock bones, for two or three hours, and then pass through a sieve. This makes a good sauce, thinned if necessary with stock.

E. Tallet, Grand Hôtel-de-Provence, St Rémy-de-Provence

SAUCE VINAIGRETTE

salt and pepper, French mustard, olive or salad oil, vinegar

Place in a flat dish a pinch of salt and one of pepper, mix well, then add a little French mustard, 3 tablespoonfuls olive oil and 1 tablespoonful vinegar. Beat for a long time with a fork. The fork is the best tool to use in this case to mix all the ingredients. This sauce is to be used for salads of all kinds. If you do not like it, use it all the same until you develop a taste for it. You will then have no regrets.

APRICOT SYRUP

1 *tin apricots or some apricot jam, a little flour or arrowroot*

If you use a tin of apricots, put them through a sieve and add to the juice. Place in a small saucepan and reduce until fairly thick. If not thick enough, add a little flour or arrowroot mixed first with cold water in a cup before being added. The addition of a few chopped nuts makes the sauce even better.

If you use jam, add a little water to it in the saucepan, boil until reduced and then add the flour.

Similar sauces may be made with any other jams. They make a plain mould or a creamed milk pudding delicious.

CARAMEL SAUCE

6 or 8 lumps sugar, or 2 dessertspoons golden syrup, water

This is a simple sauce to make, cheap and popular: but take care it is neither burnt nor yet toffee.

If you wish to coat a pudding with caramel, take a metal mould, put in the sugar and water (not more than a tablespoonful) and boil hard until the sugar is dark brown, but not burnt, and still runny. Set the caramel by holding the mould (with a cloth for it will be hot) sideways under the cold tap. The caramel should then coat the mould and you can put your pudding to cook in the mould. If you wish to use the caramel as a sauce served in a jug, use a strong, small saucepan, not a mould.

If you find this operation difficult (and it is necessary to catch the exact moment) use golden syrup or treacle, with the same amount of water. This turns quickly and is quite satisfactory. Stand by and do not be tempted to leave the stove, or the sauce will surely burn.

MISCELLANEOUS
(but very important)

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BATTER FOR FISH OR VEGETABLES

3 tablespoons flour, 1 egg, 1 tablespoon olive or salad oil, salt, brandy

Use this batter for frying fish or for vegetables. Slices of cucumber are excellent done this way, also cold boiled parsnips or aubergines.

Mix the flour in a bowl; separate the egg, dropping the yolk into the centre of the flour and stir in the olive oil and salt to taste. Use a wooden spoon or spatula, stirring the same way all the time, and adding a little water as required from time to time to obtain the right consistency. The batter should be fairly thick, as it must coat the fish, etc, thoroughly. It should be as thick as double cream. Just before using it, mix in the white of the egg beaten to a froth. Dip your slices of fish, etc, into it and fry in hot fat. Drain well on soft paper.

The same batter may be used for apples, oranges, etc, but very little salt should be used, and a tablespoonful of brandy may with advantage be added to the flour, egg and oil. The brandy is well worth while.

BOUQUET GARNI

A '*bouquet garni*' is much used in French recipes to give flavour. It is usually a sprig of thyme, a sprig or two of parsley, and a bayleaf, either tied together or placed in a small muslin bag which makes it easy to remove before serving the dish. The *bouquet garni* is used for stews and braised dishes and placed with fish when boiling, etc. Some English cooks also add sage to the herbs used, and a few French cooks recommend chervil.

COURT BOUILLON

Court bouillon is the water in which fish is cooked, and it is used for making the sauce.

When boiling fish, add to the water the following: a *bouquet garni* (page 193), an onion, a peppercorn, cloves, white wine, seasoning. Remove the fish when the skin is loose and comes off readily and keep warm if it is to be served hot. If the fish is to be served cold, leave it in the water until cool.

The *bouillon* can also be made with the water in which fish bones are cooked after filleting fish.

JULIENNE

carrots, turnips, leeks, French beans, celery, heart of cabbage, peas, etc (or as many of these as are available), stock

Cut all these vegetables in strips. Add a few peas and place them all in butter in a saucepan on a gentle flame for about 25 minutes. Thin with a little good stock and cook again until tender. You may add the heart of a lettuce finely sliced and a handful of sorrel and cook again if you wish.

MAÎTRE D'HÔTEL BUTTER

butter, lemon juice, salt and pepper

Allow a small pat of butter to each fish. Place the butter on a board, with a fork mix and beat in a little lemon juice, as much as the butter will absorb. Add salt and pepper and beat in. Place the pats of butter in a cool place, preferably a refrigerator, and serve as cold as possible with the hot fish or with grilled steak.

MARINADE

A *marinade* is used for steeping certain dishes—meat, venison, rabbit, fish—before they are cooked, to impart flavour.

Heat together the best vinegar you have, thinned with a little wine or water, adding a few carrots cut up, a sprig of thyme, salt and pepper. Do not boil, bring to the boil only, then take off and cool a little. When just warm, pour over the meat, rabbit or fish to be cooked, and let it lie in the dish overnight or longer.

Marinade may be made in different ways—for instance, it may be made with olive oil, wine, chopped onion, etc.

YOUR HERB GARDEN

by Mrs Westmacott-Lane

Parsley is the commonest of the herbs used in the kitchen. (If the onion is considered to be a true herb, then parsley takes second place.) Parsley is a very decorative plant and wise country folk have it share the border with pansies and violas. Frilled bright green leaves, from which in the second season spring stout green stems with umbrella-like clusters of greenish yellow florets. The leaves, which are used by the cook, lose their piquancy and crispness when the flowers come, and wise gardeners sow fresh seed every spring (April). A second sowing in July is wise and ensures fresh parsley throughout the winter. It is a chancy plant and must be sown in good soil during a waxing moon. It must (according to country superstition) never be transplanted—evil follows such a course—but it may be thinned out. It is used for garnishing, unchopped but washed. It is used in the making of force-meat, stuffings, and sauce, cooked. It is sprinkled (chopped finely) on soup just

before this dish is brought to the table. It joins with thyme, bay, and chervil in the *bouquet garni.*

TARRAGON is one of the lesser-known English herbs and is not used to any extent by the ordinary housewife. It does grace the garden of folk who do not include it in their kitchen supplies, as it is another decorative plant with small, broad, spear-like, saw-toothed leaves. A small piece broken off from a clump and replanted by itself will soon be another clump. Take cuttings in spring—it will gladden the herb border. Use it for flavourings in stews, etc, and stuffing fresh-water fish.

CELERY—and Celeriac. Celery is sown in seed pans in a greenhouse or frame in January. Sow in good soil with loamy compost and a sprinkling of sand. Plant out in trenches in May—(earlier in the south and later in the north)—just before the sowing of runner beans, and keep hoeing up as the plants grow. Blanching can be done by wrapping the plant with paper—and then re-earthing. This is a very useful herb, and takes its great part in the autumnal dishes—it can also be used by itself as a vegetable—cooked (braising is best)—or raw. It combines to please the gourmet with cheeses. The leaves are used by the economical for soups and flavourings.

Celeriac is started in the same way as celery, but after planting out does not require much attention except the usual hoeing. The root is used as a vegetable, the short stem and leaves as a flavouring agent.

CHIVE or the everlasting onion. Beg a few chives from a neighbour and plant them near the path. They will grow—and a few leaves will always be handy to be snipped off for salad, seasoning or what you will. You can grow from seed sown in March, when the onion bed is being made. Some folk like a little

chopped chives in an omelette. Potato salad with chopped fresh chives and parsley sprinkled on the top is a King of Salads compared to potato salad without chives and parsley. (Parsley eaten raw after chives, garlic or onion is renowned, as is the peppermint or clove after whisky.)

Laurier (not English Laurel which is poisonous to animals, but Bay). This tree (Bay) grows freely in the South of England, and can be found in most Dorset gardens. The leaves are used in the *bouquet garni*, and in the preparation of fresh-water fish dishes, with game and the jugged hare.

Mint. There are several mints (apple mint, whose leaves have a slightly furry surface, peppermint which is used for making cordials and the ordinary back-garden mint which will grow and spread wherever there is a little soil). It thrives even in the cinder heap once it has decided to make its home, and apart from its use in meat dishes and sauces, it joins with borage and cucumber and lemon in the preparation of 'Cup'.

Thyme. The ordinary and also the yellow-leaved Lemon Thyme are both useful members of the herb bed. Both are used in the *bouquet garni* and with fish and fowl and meat. A piece broken off from a plant and stuck in moist good earth will grow.

Shallots. One of the kindest and most obliging herbs. They propagate themselves. Plant a shallot on the shortest day, and pull it on the longest—marvellous things, for where one is planted you get anything from six to twelve in return. Good earth, good husbandry, good results. Shallots, sliced across and fried crisp in oil, make one of the best garnishes to curry or pilaf. Then, they can be pickled, used in the kitchen (they have

a finer taste than onion) and if picked before maturity can be used as chives. They are easy to grow in comparison to onions —they grow in poor soil—not lushly, but they grow where onions won't or can't.

GARLIC. A little goes a long way. But even in England the use of Garlic is not unknown although we have yet to meet it in a truly regional and national dish. It is easy to grow. It has the same habits as the shallot, except that it is planted after Easter and harvested in August and September.

ONIONS. So well known, so easily bought that no comment is required.

SAGE. Don't grow where Missus is Master. It is used in England mainly in conjunction with onion and chopped apple as a stuffing for duck, goose and pork. Propagation—a slip from a plant.

ROSEMARY. Kindred to sage in use, but more delicate in flavour. A tiny sprig is put in pan when roasting guinea fowl (gallini) or pork. It is a member of the *bouquet garni*. Propagation is the same as Sage, Thyme, etc.

Bay, Mint, Thyme, Sage, Rosemary — Pick branches on a warm, sunny day, tie in bunches, dry, then encase in paper bags and hang in the kitchen or when thoroughly dry, strip the leaves into bottles or jars and cover. Crumble in fingers when needed for cooking.

Shallots and Garlic. Dry off in sun, then fasten on to sticks and hang up.

Parsley. Can be harvested, dried and put into jars—but in this climate it can always be found in the garden.

TOMATO ACHARDS

The *achard* is a sort of pickle which many will prefer to the pickles we normally eat in England. It is eaten with cold meat, also with boiled rice.

The ingredients for about 6 lb of *achards* are:

5 lb green tomatoes, 5 oz salt, ½ pint vinegar, 4 oz sliced onions, 4 cloves of garlic, 20 cloves, 25 peppercorns, 20 small chillies, 2 dessertspoons of turmeric, 1 teacup of olive oil

Put the sliced tomatoes in a bowl in alternate layers with the salt. Allow to stand for a day, drain off the liquid, and transfer the tomatoes to a saucepan with all the other ingredients except the oil. Boil for half an hour, stirring lightly at the start to prevent burning, add the oil and continue to boil until the tomatoes are soft, which will take another half hour approximately. Allow to stand, and when quite cold transfer to suitable containers. You will find 1 lb jam jars ideal for the purpose. Fill them to ¼ inch from the rim, and seal with paper and rubber bands in the usual way. These *achards* will keep a year or two. E.V.

APPLE JELLY

7 lb apples, ¾ pint water for every pound of fruit, as much sugar by volume as the apples yield juice

We treat apple jelly first, not only because it is one of the best, but also because the apple is a necessary ingredient of jelly made with many other fruits which do not of themselves jellify readily.

Keep your large cookers to bake or to stew or to make jam with. The small ones are suitable for jelly since they need not be peeled.

It is not necessary to make jelly as soon as the apples are gathered, in fact it is better to let them stand a few weeks as they thereby become more juicy.

Wash the apples in cold water, slice in small portions or quarters (as a very rough guide 2 inches × 1 inch × ½ inch, but there is considerable latitude in the size and thickness). Remove the stems and, of course, any affected parts, but do not remove the core and pips. Place in a preserving pan. Such pans are of aluminium or plated copper. A useful size is 14 inches in diameter and 5 inches deep. Add the water and boil until the slices crush easily, stirring occasionally to prevent sticking and burning. When the slices are soft it is good practice to crush them against the side of the pan with a flat wooden spoon or a spatula; if it proves inconvenient to do this while the fruit is boiling, it can be done immediately after switching off the heat.

Meanwhile moisten and wring out a double layer of muslin about one yard square; lay a broomstick across two tables or high stools, and make a sort of bag of the muslin by tying each of the two pairs of adjacent corners together over the broomstick with reef knots; place a basin under the bag thus formed. After the fruit in the pan has been boiled and crushed, pour it into the muslin bag with a ladle and leave to drip overnight without pressing or squeezing. Transfer the juice to the preserving pan, and place over a large flame. Measure a volume of granulated sugar equal to the volume of juice, and just before the juice starts to boil add the sugar, stirring with the spatula to prevent burning until the sugar is completely dissolved. Boil as briskly as possible without letting the jelly overflow, and test from time to time by dipping the spatula in the liquid, holding it a few inches above, and observing the flow. When beads form, switch off the heat. Ladle off any scum which may have formed, and transfer the hot liquid to jam

jars which you have warmed on the rack above the pan while cooking. Fill to the brims and leave to cool overnight without disturbing or shaking. Six pounds of sliced fruit should yield 8–9 lb jelly.

When cold, place a disc of paper on top of the jelly, which will be about ½ inch below the rim of each jar because of contraction during cooling, and seal with paper and a rubber ring or some type of patent cover which excludes air. E.V.

BRAMBLE JELLY

Equal weights of apples and blackberries, ¾ pint of water for every lb of apples, and half as much water for each lb of blackberries, as much sugar as the cooked fruit yields juice

Half the fun of making bramble or blackberry jelly is in the family outing to collect the berries. As this practice is as common in England as it is in France, we need not enlarge on it. Blackberries do not set well by themselves, so blackberry jelly should be made of about equal weights of apples and blackberries, the apples being washed and cut as for apple jelly (see above), and the blackberries added to them before heating (they of course must not be washed). As far as taste is concerned, the blackberry is by far the stronger partner, and the presence of the apples cannot be detected. Add the water, and for the rest proceed as for apple jelly. E.V.

OTHER JELLIES

Jelly can be made with many other fruits, the principle is always the same. Black currants, red currants, crab apples, all

jellify by themselves. For the currants add about $\frac{2}{3}$ of water by weight, or $\frac{1}{2}$ pint per lb; for crab apples use equal weights of water and fruit, say $\frac{3}{4}$ pint per lb. A very excellent jelly can also be made with equal weights of raspberries and red currants. Among apples, the Bramley makes one of the best jellies, of a lovely transparent amber colour. E.V.

APPLE JAM

As the apples will have to be peeled and cored, the labour entailed is reduced if large healthy cookers only are used.

Cooking apples, $\frac{1}{5}$ the weight of the cored and peeled apples of sugar, $\frac{1}{4}$ the weight of the cored and peeled apples of water, blackberries if available

Cut the apples in quarters, peel and core, and break each quarter in two pieces, or more if the apples are large. Weigh, and place the apples in a preserving pan with a handful or two of blackberries if available, for they greatly enhance the taste. Weigh and add the sugar and the water. Boil, stirring from time to time until the apples are easily crushed.

Meanwhile, clean and warm a number of 2 lb jars in the oven, say six for 7 lb of fruit. As soon as the apples are done, pour them with a ladle and preserving funnel into the Kilner jars, taking one jar at a time out of the oven, filling it, and screwing its top tight before taking the next out. It is advisable to ensure that no air is trapped by the fruit during filling, say by stirring with a wooden rod when the jar is nearly but not quite full, and then filling to the brim; then lose no time in screwing on the top. The top must not be unscrewed until the jam is needed, and it will usually be found that the glass top is then firmly attached to the rim of the jar by vacuum. The top can be

removed by inserting a screwdriver between it and the rubber ring, protecting the hand which grips the jar with a rag or duster.

Other fruits may be treated in much the same way. In all cases it is necessary to pour the hot jam into hot jars, fill to the brim and fix the top quickly. Two-pound jam jars with 'snap' closures can be used instead of Kilners. Indeed, for bottling fruit they are preferable because of their automatic valve action. E.V.

STEWED OR CRYSTALLIZED GRAPEFRUIT

Why throw away the skin of your grapefruit? You can stew or crystallize it and you will have two or three more desserts for the cost of the sugar only.

After the inside of the halved fruit has been eaten, cut each half in four segments, which yields slices of good shape and size. Remove and throw away the white pith on the inside of each slice, weigh the slices and put aside 1½ lb of sugar to each pound of peel. Leave the slices in cold water for 24 hours, changing the water two or three times. Put the peel and the sugar in a saucepan with 1½ pint of water to each pound of sugar. Add a little caramel made from a dessertspoonful of sugar to give the jam a lovely golden colour. Leave to boil on a slow fire for about an hour so that the slices become tender before the water has all boiled away. The syrup must not be very thick at this stage, because it thickens further on cooling.

If you wish to crystallize some slices, lift them out of the syrup and drain them, sprinkle with sugar on both sides, and leave to dry on a dish or cake rack, turning over from time to time. E.V.

WITHDRAWN